



Cure Yourself

through

Kidney Cleanse
Acidity Cleanse
Parasite Cleanse
Liver Cleanse
Joint Cleanse

(Khud Ka Ilaaj Khud Ke Haath)

Dr Piyush Saxena



Cure Yourself





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(Khud Ka Ilaaj Khud Ke Haath)



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Cure Yourself

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This book is dedicated to all those
Who did a liver cleanse
For better health.



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I have provided names of astrologer for prediction,
doctors for medical supervision and suppliers for
parasite cleanse bottle, zapper, colloidal silver
water maker etc for convenience of patients.
I have no business relationship with them.



Declaration

I have experimented with each recommendation on myself, my father, mother, wife, son and daughter.

I do not promote the products of any company.
I do not charge any fees or seek donations for the therapy. I propagate cleansing therapy solely for personal satisfaction.



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Foreword

Progress is good for humanity. How many of us, however, pause to really think about what this so-called progress means for us and the change that it has brought about in our lives? People often say that pollution has increased. Population has led to more crowding everywhere, than ever seen before. Ambitions have grown, leading to a gradual shifting of individual priorities from the family to one's own career. More opportunities accrue to people, who are increasingly accepting them and the challenges they bring. Success brings money and recognition in its wake.

However, all of this has not come without a steep price, though unknowingly and without any forewarning. Our progress has seriously affected our lives and proven highly detrimental to our health. This trend will only worsen in the foreseeable future. Overstretched schedules leading to high levels of stress, untimely and unhealthy eating habits, erratic sleep timings etc make heavy demands on the body in general and particularly on specific body parts, such as the kidneys, liver, heart etc. This has resulted in people losing their vitality at a relatively young age, such as their mid twenties and feeling tired and listless. We see an increasing number of patients with chronic ailments at younger ages. I cannot recall witnessing diabetes, blood pressure etc during my childhood but now it is found, even in youngsters. Patients have to wait for treatment on many occasions nowadays, due to the paucity of adequate treatment facilities. This is the case, though many new hospitals have been established, primarily due to the increase in the number of people seeking medical attention.

If a doctor says that arthritis has no treatment and one should learn to live with it, it does not imply that arthritis is incurable. Rather, it simply means that the condition is incurable for that doctor or the therapy that he follows. There are one hundred and twenty eight alternative therapies in existence. Many times, these therapies may



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not be able to cite research studies for the treatment they offer or may not sound very logical. However, they do have tremendous potential in that they yield better results in some cases. Dr Piyush Saxena has a convincing argument for cure of such diseases and I for one, am convinced that they are worth trying.

The pattern of ailments has changed. Till 200 years ago, people were agile and energetic. Doctors were few and far in between and even fewer had any specialization. More people died of infection from various pathogens, e.g. cholera, plague, small pox, typhoid etc, rather than chronic ailments of the heart, kidneys etc that are the bane of modern society.

Cleansing therapy, as advocated by Dr Saxena, has attributed the cause of this transformation in medical demographics to pollution and parasites. The most striking part of his therapy is that he has accepted the fact that these perils of modern society cannot be changed or wished away, hence we should accept their existence as an inescapable part of modern day living. Crowds cannot be reduced nor can the atmosphere be purified. There are agencies that are devoted to cleaning up the environment but they have had rather limited success so far.

Dr Saxena maintains that ambitions are vital for people to lead meaningful lives. Work pressures and stress levels are only going to increase in the future, due to increased competition. People normally eat unhealthy food. His process of the utilization of cleansing procedures like kidney cleanse, acidity cleanse, parasite cleanse, liver cleanse and joint cleanse is indeed a boon for modern lifestyles. The best part is that his therapy can be practiced in the comfort of one's home, without the need for any medical supervision or the utilization of esoteric and expensive ingredients. In this book, he gives the details of various cleansing therapies used for the treatment of many debilitating and chronic afflictions.

The therapeutic system advocated by Dr Saxena has originated in



USA and found wide acceptance in many advanced countries. It is time that this system, which is very similar to our own ayurvedic system of medical treatment, gains the acceptance and following in our country that it so richly deserves.

Sreedevi Kapoor
5th Floor, Lens View Building
Opp. Prathamesh School
Veera Desai Road Extension
Andheri (W), Mumbai - 400053
June 4, 2008

(Sreedevi started her acting career when she was just four years old and has acted in over 300 films in five different languages - Hindi, Tamil, Telugu, Kannada and Malayalam. She was one of the foremost stars of her time in all the five languages. She is married to leading film producer Boney Kapoor.)



Introduction

I met Piyush sometime in 2002, through a common friend. Although at that stage, he was opposed to the interest I represented, I found something quite likable about his person - suave, committed, systematic and above all a gentleman. We ended up being friends and continued meeting. Talking to him used to be an experience - because every time he had fresh and interesting anecdotes to tell.

Over a period of time, Piyush remained his affable, positive self though his health looked like it was taking a beating. In fact, in the first half of 2003, he looked distinctly bloated, weak, tired and generally dispirited, unlike the Piyush one had known. Despite my concern, I chose not to bring up the subject - it being a very personal matter. Subsequently, our meetings became less frequent and we almost lost touch with each other.

I met Piyush again after a long break, sometime during the beginning of 2004 and noticed to my pleasant surprise a new Piyush - trim, fresh, alert and responsive. The changes were so marked that I could not help noticing them and I asked him the secret of his new found glowing health. It was at this stage that Piyush introduced me to a certain liver cleansing therapy, which had brought about this miraculous improvement in his overall health. He briefly explained to me the procedure and strongly recommended that I too should go through the procedure, which would be not only useful in detoxifying the body but would also be directly useful in the irritable bowel syndrome (IBS) that I had been suffering from for a long time. I left it at that, thinking that Piyush was typically overexcited about an idea and may be he was giving more credit, than due, to the therapy.

Piyush continued to flood me with literature on the subject, copies of his articles in magazines, CDs of his various radio talks and TV shows. Eventually, he prevailed upon me to attend a live broadcast of his talk on FM Gold 100.7 MHz on Akashwani. His talk was very



informative, to say the least. He readily agreed to take questions live on air and answered them in a technically accomplished manner.

The persuasion to try the therapy went on relentlessly. One day Piyush actually sent home all the ingredients with a detailed note on their use for the liver cleansing, along with a concealed threat that he would come home and supervise the administration of the ingredients.

The time had come to take a call. The results were in front of me to see. However, the fear of treading on an unknown path remained. To overcome my resistance, I spoke to my neighbour and friend Dr Ashok Kripalani, who is a leading nephrologist of the country and the President of the Indian Society of Nephrology and a senior faculty member at the Bombay Hospital. His views were clear. He had not heard of such a therapy or its efficacy. However, he did assure me that the ingredients involved were all natural and could not do any harm except perhaps flushing my bowels, at worst. On being assured that the ingredients in the quantity taken involved no risk to my health, I indeed went through the therapy on the following Saturday.

The result actually astonished me. In the period thereafter the recurrence of irritable bowel syndrome (IBS) declined; I lost some excess weight; energy levels distinctly went up; my ability to work long hours with concentration improved; the feeling of fatigue at the end of the day, which I had been experiencing, disappeared and there was a clear sense of well being. In fact, I feel deeply grateful to Piyush for ensuring that I went through the therapy, which has resulted in a quantum improvement in health and in quality of life.

A major factor in my appreciation of the cleansing therapy is that it requires a minimal commitment of time and effort. All the ingredients are easily available and I can practice the cleanse from the comfort of my home, whenever my schedule permits. The best part of this therapy is that everything is used in its natural form, without any processing by way of preservatives or additives. This has allayed



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any fears of side effects or detrimental results in the long run.

Piyush is currently a regular contributor to radio and television programmes, has authored many informative articles on various medical problems in a variety of magazines and newspapers. The driving motive is service to people and the activities are run on a completely 'no profit' basis. His commitment to the cause is commendable. I wish him all success in his endeavour.

Jagdish Vora
8th Floor,
Eucharistic Congress Building No. 3
5 Convent Street
Mumbai-400001
July 23, 2008

(Jagdish Vora is a Chartered Accountant. He started his professional career as a consulting accountant specializing in taxes and commercial laws. Many top corporations in India avail of his services as an advisor on tax matters. He is one of the leading consultants on Indian Income Tax Laws in India and abroad.)



Preface

I do not have time to chew each morsel of food 10 times and I appreciate the fact that you are even more hard pressed for time in today's busy world. Nature intended food to be completely ground before gulping, since we have no teeth beyond the mouth. If food is not properly chewed, large portions are passed to the stomach, which has to work very hard to break up these unground portions.

Everybody is ambitious and competition is tough, asking for the investment of more and more time from our already packed schedules. My experiments are based on a short term investment of 45 minutes during the first week, followed by much less during the second week. After completing the first round of cleansing therapy in a week, I promise you good results like higher physical energy levels. You will be able to perform upto three hours extra work everyday. For the rest of your life, you will get a bonus, in the form of more vigour and vitality in your body.

An effort to physically cleanse one's polluted body is an experiment. A one day study of this book imparts a source of tremendous vitality, which can be experienced only after doing a liver cleanse once.

Cleansing therapy is a part of treatments that are often referred to as 'Complementary Medicine'. The term is used to refer to a group of therapeutic and diagnostic disciplines that exist largely outside the pale of institutions where conventional or regular healthcare, i.e. Allopathy, is taught and provided. Complementary medicine is an increasing feature of healthcare practice.

In the 1970s and 1980s, these disciplines were primarily provided as alternatives to conventional healthcare and hence, they became collectively known as 'Alternative Medicine'. The specific name Complementary Medicine developed as the two systems began to be used alongside (to complement) each other.



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I have used the term 'Complementary Therapy' synonymously with 'alternative medicine'. Some examples of such therapies are Acupuncture, Acupressure, Alexander Technique, Anthroposophic Medicine, Applied Kinesiology, Aromatherapy, Aurogenic Training, Ayurveda, Chiropractice, Cleansing Therapy, Cranial Osteopathy, Environmental Medicine, Healing, Reflexology, Herbal Medicine, Homeopathy, Hypnosis, Massage, Meditation, Naturopathy, Nutritional Therapy, Osteopathy, Reiki, Relaxation, Shiatsu, Siddha, Unani and Visualization, Yoga etc.

The body will heal itself, given the right stimulus, natural medicine, surgery or conventional treatment. I have full regard for allopathy, which is the last resort in pathology, relief in acute problems and where surgery is required.

As students of cleansing therapy, we observe a holistic approach (treating the patient as a whole and not just a disease) in the process of curing the patient. We talk about long-term relief and cure. Our kidney cleanse, acidity cleanse, parasite cleanse, liver cleanse and joint cleanse treatments lead to general health improvement. The reason is that accumulated toxins are expelled from the body. The body's capacity for self-repair, given appropriate conditions, is emphasized. In cleansing therapy, the purpose of therapeutic intervention is to restore balance and facilitate the body's own healing process, rather than to target any individual disease process or alleviate troublesome symptoms. It seeks to promote overall well-being and positive health. As a result, the body gets strength from within. Patients feel a difference, e.g. regulated blood pressure, improved sleep, higher energy levels, pain reduction, improved haemoglobin levels, better liver functions, as well as alleviation of stomach disorders and musculo-skeletal problems.

Women (55-60%) use cleansing therapy four times as often as men because it takes more time for preparation (many a time, readymade tablets/tinctures are not available). Children less than 10 years of age tend to be less frequent users. The age group of prime users is



30 - 60 years. Users tend to be in higher socio-economic groups and have higher levels of education than users of allopathic medicine.

Man cannot fight animals without the aid of his weapons. A single microbe, ant, cockroach, dog, cat, lion can cause substantial damage to an unarmed man. Man controls the environment because of his capacity to build shelter and weapons. When we shoo away dogs or crows from our houses, it is a moot point whether they have intruded on our property or we have invaded their territory by constructing our buildings and other infrastructure on land which nature had intended for the free and uninhibited use of all of her creation. We have a symbiotic relationship with them as possibly all living creatures have one or the other purpose on Earth.

This book is written in lucid, easy-to-understand language. The aim is to impart accessible and useful knowledge and experience to everyone from school students, busy professionals, housewives, patients and their caring relatives. I intend to provide information about how a little care and effort can go a long way towards bestowing good health and a productive life. For the sake of clarity, the names of ingredients/objects borrowed from Hindi and other languages, names of parasites as well as author's comments are mentioned in *italics*. Also, numbers from one to nine are mentioned in words, while numbers of 10 and above are mentioned numerically for the sake of convenience, as per current practice.

I had originally intended to print this book in four-colour, using good quality art paper on a state-of-the-art printing press, similar in quality to books from developed countries but the cost is prohibitive due to import duty restrictions. Hence, I had to compromise a little to keep the price reasonable. This book has stitch binding so that pages do not come loose after repeated use. It is a requirement for binding purposes to include colour plates in sets of four or its multiples, in order to provide perfect stitch binding. Therefore, some photographs (e.g. pages 91/92 and 147/148) had to be moved forward by 2 and 3 pages respectively where reference to them has been made in the text.



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Doctors are very caring people. I speak from experience. They have a tremendous responsibility to bear - that of their patients' health and too often, receive little gratitude for their efforts. Yet, they persevere, still caring and mostly cheerful. If this book helps in any way to relieve the strain on doctors and the suffering borne by patients, then it will have been well worth the effort involved.



Piyush Saxena
5/1202, NRI Complex
Nerul, Navi Mumbai - 400706
August 6, 2008



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Cleansing Therapy - Holistic Healing

General Facts

Pollution in the air that we breathe, living in closely packed concrete buildings, eating unhealthy cooked food , irregular sleep cycles - all of these factors lead to an accumulation of toxins in the blood, kidneys, intestines, liver and joints. Hence, the body needs cleansing.

What Is Cleansing?

Our bodies naturally do it every day. Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin. In fact, internal detoxification is one of our body's most basic automatic functions. In the present day scenario, body systems and organs that were once capable of cleaning out unwanted substances are now completely overloaded. Thus, many unwanted substances stay in our tissues. Our bodies try to protect us from dangerous material by setting it aside, surrounding it with mucous or fat so it won't cause imbalance or trigger an immune reaction. Your body stores foreign substances in its fatty deposits - a significant reason to keep your diet and body fat low. Some people carry around up to five kg of mucous that harbours this waste!

Who Is Sick, Who Is Healthy?

If you ask me - "Who is sick, who is healthy?", I will ask you in return, "Do you experience the same energy levels as you did five years ago?"

If you say "Yes", then you do not need my treatment. However, if you say "No", which is much more likely, then I would suggest that you try out the kidney/liver cleanse therapy at the earliest, since you have a right to enjoy good health to the maximum, for the rest of your life.

If you ask me – “Who is sick, who is healthy?”,
I will ask you in return, “Do you experience the
same energy levels as you did five years ago?”



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Ageing is due to acidity. Under natural circumstances, this ageing process occurs very slowly, unless we eat acidic food and live in a polluted environment.

Do You Need to Cleanse?

Ask yourself these questions:

1. Do you feel congested from too much food or the wrong kinds of food?
2. Do you feel lethargic, bloated and feel like you need a good cleaning?
3. Do you need a jump start for a healing program?
4. Do you need to eliminate drug residues or get back to normal after illness or hospital stay?
5. Do you need to remove toxins that are causing a health problem?
6. Do you need a specific detoxification program for a serious health problem?
7. Do you want to streamline your body processes for more energy?
8. Do you want to prevent disease and rejuvenate your whole body?
9. Do you want to assist weight loss and tone up your skin?
10. Do you want to slow ageing and improve body flexibility?
11. Do you want to improve fertility?

The Problem

Mother Nature has designed us to live in green forests with high oxygen levels and eat raw food. If you watch National Geographic, Discovery, History, Animal Planet or similar TV channels, you will observe that no animal (except a pet) eats cooked food.

The origins of cooking are obscure. Primitive humans may first have savoured roasted meat by chance, when the flesh of a beast killed in a forest fire was found to be more palatable and easier to chew and digest than the customary raw meat. However, they probably did not deliberately cook food, until long after they had learned to use

Your body is the second most special possession in the world
– the soul being the first.



fire for light and warmth.

Cooking of food is the first step in polluting the body but we do not have a choice now. Our modern day food habits have led to the following causes of bad health:

- **Poor Assimilation:** Proper assimilation provides a full and constant supply of building materials and energy needed for the continual construction of new cells and tissues. Poor assimilation occurs when even one element that is needed for rebuilding is not supplied to the body through diet and digestion or is not sufficiently utilized and converted into specific nutrients necessary for each different kind of cell. Diseases attributed to poor assimilation involve nutritive deficiency and result in cellular degeneration.
- **Poor Elimination:** The excretory system consists of the intestinal tract, the kidneys, the pores of the skin and the lungs. When an imbalance occurs in any of these systems, slowing down excretory processes, the result is a build- up of poisonous toxins, which can endanger any of the components and systems of the body, down to the cellular level, by impeding the rebuilding process and resulting in numerous disease symptoms.

A small baby smells lovely. The smell continues till the baby is breast fed. A baby fed on milk formula does not smell so lovely. When the baby starts eating cooked food, body odour is not so good and urine and stools start giving off a bad odour.

Similarly, carnivorous animals e.g. tiger, leopard etc have very pungent body odour, as opposed to herbivorous animals e.g. cow, buffalo etc, which have much less pungent body odour. This can be verified by a visit to the local zoo.

Symptoms are nothing but the cry
from suffering organs in reality.



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Is Cooked Food Truly Easy to Digest?

Certainly not. It is merely easy to chew and grind. Visualize eating a raw carrot by chewing it well. The nutrients will be quickly absorbed by the system. As opposed to this, a deep fried carrot will not be easily absorbed by the system. In another example, imagine eating a raw egg (I know that it is difficult). It is easily digested, especially the white part. Now imagine eating the egg in a half-fried form, which will be much more difficult to digest, especially if not chewed well.

From whenever it began, however, roasting meats over fire remained virtually the sole culinary technique until the Palaeolithic period (32,000 BC – 26,000 BC), when the Aurignacian people of southern France apparently began to steam their food over hot embers by wrapping it in wet leaves. Aside from such crude procedures as toasting wild grains on flat rocks and using shells, skulls or hollowed stones to heat liquids, probably no further culinary advances were made until the introduction of pottery during the Neolithic period. Later, it was found that cooked food is softer than uncooked food and cooked food would also have been easier for young children and the elderly to chew. The powerful jaws of our ancestors were no longer needed and the result was an evolution of our present day face and cranial structure. The number of teeth in an adult jaw came down from 44 to 32 over a period of time. (See page 8 for more details).

Even cooking has evolved from simple recipes to the elaborate, heavily processed variety that we see today. Today, the menu has progressed from organically grown, alkaline, raw green vegetables in their natural form to eating acidic cooked, baked/fried *chapattis*, pizzas, burgers, fried chicken, aerated soft drinks, alcohol (beer, rum, whisky etc) in the history of cooking. The body is so strong at birth that it takes 30-35 years for it to show the first signs of the accumulated ill-effects of cooked food. Today, crop and vegetable

Diagnosis is the beginning of practice, not the end.
Nature offers the best cure for most ailments.



Cleansing Therapy

yields are enhanced through the excessive use of highly toxic chemical fertilizers and pesticides. Nature intended everything to grow by itself at its own pace, i.e. without the use of fertilizers/pesticides. The organic manure that nature provides is designed to assist in this growth process of vegetation, just as our bodies have natural hormones that are designed to aid the process of growth of our bodies. Everything works in a fine balance, keeping the overall harmony of creation intact. We should not change this finely tuned system. However, in our greed for monetary gains, we abuse this system through the unbridled use of artificial chemicals such as pesticides, fertilizers and growth hormones, with the result that this delicate balance is destroyed. Not only are the resulting crops and vegetables that are grown through the use of such harmful chemicals toxic in themselves but their nutritious properties are also totally changed. In addition, there is an accumulation of harmful chemicals which are passed on into our bodies when we eat them. We enhance their potential to cause damage by eating such polluted food during our entire lives, leading to an accumulation of devastating toxins in our bodies.

Statistics

The statistics mentioned below give us an idea of the extent of this problem:

Hypertension was present in 1/5th of this urban south Indian population and isolated systolic hypertension was more common among elderly population. Majority of hypertensive subjects still remain undetected and measures for the control of hypertension is also inadequate. This necessitates implementation of urgent prevention and control measures for hypertension.

(Mohan V, J Asso. Physicians India. 2007 May; 55:326-32)

Of particular concern in the Indian context is not only the high burden

When 90% of our ailments can be cured at home through the simple process of cleansing therapy, we need not consult highly skilled specialists.



Cure Yourself

of cardiovascular diseases (CVDs) but also the effects of these diseases on the productive workforce aged 35-65 years. Heart diseases are rising in Indians five to ten years earlier than in other populations around the world. The mean age for first presentation of acute myocardial infarction in Indians is 53 years.

(Sharma M, Vasc. Health Risk Manag. 2005; 1(3):217-25)

The prevalence of 'ever asthma' was reported in 2.4% in a population study on 73,605 individuals conducted simultaneously at four major centres in India.

(Jindal S K, Curr. Opin. Pulm. Med. 2007 Jan; 13(1):8-12)

Allergic diseases such as bronchial asthma, allergic rhinitis and allergic dermatitis are dramatically increasing all over the world including developing countries like India. Today, more than 30 % of the population is known to suffer from one or other allergic ailment. Major causative agents implicated are pollen grains, fungal spores, dust mites, insect debris, animal epithelia etc.

(Singh AB, Ann Agric. Environ. Med. 2003;10(2):131-6)

Globally, the Indian pharmaceutical industry ranks fourth in terms of volume and thirteenth in terms of value. The Indian pharmaceutical industry has over 20,000 units. The domestic pharmaceutical output has increased at a compound growth rate of 13.7% per annum.

(Competitiveness of the Indian Pharmaceutical Industry In the New Product Patent Regime March 2005, FICCI Report For National Manufacturing Competitiveness Council)

In 2007, the value of the Indian pharmaceutical industry was approximately Rs 6,00,000 crores.

(Rediff News)

The various health problems outlined above suffice to keep the pharmaceutical industry in the country in robust business health and generate a huge turnover. Just imagine, if people start practicing

No team of modern medicine specialists
has ever been able to suggest any scope for
improvement in the design of the human body.



Cleansing Therapy

cleansing therapy and even half of the sufferers are cured through the use of inexpensive, easy to follow procedure! The medical establishment stands to lose a substantial part of this huge amount, just by way of repeat business every year, in addition to the new business generated due to complications and the addition of new patients. How many pharma jobs will be lost? How many pharma products will be wasted? Who would like to lose this huge revenue?

The problem with the acceptance of cleansing therapy in mainstream healthcare is greed and money.

A healthy population means a dead pharmaceutical industry
but

Do you want to remain sick in order
to keep the pharmaceutical industry healthy?

Our State-of-the-Art Bodies

Our bodies have been designed by the best engineer ever - Mother Nature. She not only designed us to be 'obsolescence proof' but also provided our bodies with an incomparable quality of being able to heal themselves, something that no human engineer has been able to do so far.

Consider the following facts:

- The latest model of the Mercedes Benz S Class saloon, arguably the last word in automotive engineering, costing a whopping Rs One crore plus, features goodies such as advanced electronic brake and traction control systems, individual wheel control to monitor vehicle yaw, airmatic suspension, distronic radar cruise control and parktronic systems, infra red night vision system, automatic crash deployment systems etc. However, as advanced as this latest model might be, it will still become obsolete in five years, after which this technology will be superseded by newer inventions.

A healthy population means a dead pharmaceutical industry but do you want to remain sick in order to keep the pharmaceutical industry healthy?



Cure Yourself

- Windows 95 was considered cutting edge 14 years ago but has been superseded by newer versions, such as Windows Vista today. This too will be obsolete in five years.
- However, no team of modern medicine specialists has ever been able to suggest any scope for improvement in the design of the human body. Mother Nature has perfected our bodies over thousands of years, in order to provide us with a uniquely human experience. Evolutionists have taught us that humans evolved from ape-like ancestors that possessed larger jaws and teeth e.g. man initially had 44 teeth. However, with a reduction in the requirement for chewing (due to our change in eating habits from raw to cooked food), the number of teeth in an adult shrank to its current level of 32. Dentists maintain that the four rear teeth are of no use and often advise their removal. It is possible that after another 5000 years or so, a full-grown adult human may have only 28 teeth. Even today many people have less than 32 teeth.

How Do We Abuse Our Bodies?

We abuse our bodies constantly, without even being aware of the tremendous harm that we are doing to ourselves. Let me illustrate my argument by citing an example.

I would like to make you a small request. Most of us own or have owned a scooter/motorcycle/car at some stage of our lives. I am going to ask you to try and fill adulterated petrol in your prized possession just once. Oh yes, I do know that your vehicle is meant to run on pure petrol. So are you ready? NO? I can already hear cries of dismay about how such pollutant will foul up the engine etc.

Yet, we think nothing of dumping pollutants - cooked food in all its forms (junk or otherwise), which is a pollutant for our bodies, just as kerosene is for our vehicles - instead of eating raw green vegetables

Can you fill adulterated petrol in your scooter or car? NEVER!
Can you eat pizza, burger, biryani? YES. The vehicle can run on it with some ill effects but your stomach faces far worse problems.



and fruits, which are the 97 Super Octane that Mother Nature intended our bodies to run smoothly on. Does this not imply that we love our vehicles more than we love our bodies?

How Do You Repair Your Scooter?

When our prized possession is in need of some attention or repairs, we normally go to roadside mechanics, instead of highly qualified automotive engineers. These engineers are very highly skilled and can design a good scooter and supervise the mechanical assembly process of the vehicle at the automotive plant. However, when the scooter does not run properly, due to the fouling of its spark plugs for instance, we normally go to the roadside mechanic as our first choice.

Similarly, in the case of our bodies - 90% of our ailments can be cured at home through the simple process of cleansing therapy, for which we need not consult highly skilled specialists. Just as in the case of automotive engineers, they are familiar with the minutiae of medical problems but often address the specifics while ignoring the overall picture. Seeking the opinion of specialists will definitely make you familiar with difficult medical terms but will make you none the wiser about the cure of your ailment for it. More often than not, you will come back with a number of pills and a battery of tests that will relieve you of a lot of your hard earned money but not your suffering. Your present ailment may be alleviated but two new ones will probably be created in its place.

The requirement of specialist doctors has emanated due to the vast progress in transportation facilities. Until about 150 years ago, before the advent of railways, each village of the country was a complete unit of habitation. It comprised of 200-500 families and held two-three weekly markets for the exchange of goods/services between the residents. It was almost a self-contained unit, with people from

Who repairs your car or scooter – an automobile engineer
or a skilled mechanic who cleans the carburettor –
the same is true for your body.



Cure Yourself

all walks of life, such as cobblers, tailors, ironsmiths, medicine men (*vaid*) etc. Nobody travelled 100 km to look for a specialist who could give a name to his ailment. Most people were cured through indigenous therapies as advised by the local *vaid*.

When a doctor prescribes three tablets to be taken on eight hourly basis, then it is probably not the most suitable dose for you. The metabolic cycle of each person is different throughout the day. The rate is faster at noon and slower at night. Similarly, a tablet of uniform net weight is not the right quantity for two patients, one weighing 45 kg and the other weighing 90 kg. This has been done for convenience. Think about the most appropriate dosage for you and cure yourself.

The Side Effects of Drugs

- Black patches below the eyes
- Bleeding from throat and intestine
- Body swelling
- Brittleness of bones
- Colitis
- Dermatitis
- Diarrhoea
- Hepatitis and cholestatic jaundice
- Indigestion
- Kidney problems
- Loss of appetite
- Nausea
- Skin rash
- Discolouration (staining) of teeth
- Vomiting

So, what do you do? Is there a way to enjoy good health, without the constant need for popping expensive pills?

Cleansing therapy aims to reverse the harmful effects of drugs and pollution by flushing out the accumulated toxins from our bodies through five cleanses from the comfort of your home.



Cleansing Therapy

The answer is not only YES but also very simple! In the following pages, you will first learn the basics of the problem and then the solution - how to cleanse your body and keep all your ailments away.

The Solution

- Kidney Cleanse
- Acidity Cleanse
- Parasite Cleanse
- Liver Cleanse
- Joint Cleanse

The Therapy with a Difference

Why do most therapies start out well and even provide part or most of the results sought after in the short term but eventually fail in that, as soon as the practitioner takes a break from the therapy or stops it altogether, he/she more often than not, reverts back to the original state of health? The answer is not that difficult to fathom.

These therapies require you to forego the things that you like to eat or drink the most. Hence, their results tend to get reversed over time, since it is not humanly possible to give up favourite foods/drinks forever.

So, how does cleansing therapy, which makes use of cleansing techniques, differ from conventional therapies? The success of cleansing therapy and the enduring results that it provides lies in its following most important property:

Cleansing therapy does not require a change in lifestyle - you can continue eating and drinking your favourite foods, yet enjoy a healthy life.

Our procedure makes use of easy to follow cleansing therapies/

Cleansing therapy expels toxins from your body. I agree that you are busier than I am and like me, you too do not want to change your current lifestyle. This will happen.



Cure Yourself

techniques that can be practiced from the comfort of your home, using easily available ingredients and requires very little of your time, without the intervention of a medical practitioner.

Underlying Principles of Cleansing Therapy

Cooked food and environmental pollution have accumulated toxins in the body. These toxins hamper the body's ability to heal itself. After cleansing the body of these toxins, the body gets cured of ailments.

Cleansing therapy adopts a holistic approach to the curing of illnesses. Rather than emphasizing the alleviation of symptoms, cleansing therapy focuses on the treatment of the basic cause of those illnesses. In order to address this issue, cleansing therapy makes some fundamental assumptions:

- a) The root causes of all medical problems are:
 - Pollution and
 - Parasites or pathogens, e.g. bacteria and viruses.There is no third cause.
- b) Remove pollutants and parasites from your body and the body will attain good health on its own.

Advantages of Cleansing Therapy

Cleansing therapy offers quite a few advantages over conventional therapies:

1. Cleansing therapy makes use of natural and easily available materials, without any artificial ingredients, chemicals or preservatives.
2. Cleansing therapy recommends that you avoid the use of hair oil, shampoo, soap, toothpaste and other toiletries containing artificial chemicals, scented additives – you may substitute them

The medical profession today is very seriously overworked and understaffed. Doctors simply do not have time to concentrate on each individual case. The average person ...



Cleansing Therapy

with comparatively odourless toiletries from any homeopathic store.

About six years ago, I developed sensitivity in my teeth. The dentist advised me that due to excessive brushing, the enamel of my teeth had worn out (no animal in nature brushes its teeth). He had no remedy for this. I talked to my homeopathic doctor, Dr Neeta Sanghvi. She suggested that I try homeopathic toothpaste, which I did. In six months, I started regaining the lost enamel. The reason is simple. Regular scented toothpaste was damaging my enamel. I stopped using such toothpaste. I switched over to homeopathic toothpaste on a permanent basis and the damage also stopped. The tooth regenerated enamel by itself. Now, I use only homeopathic toiletries (see page 14).

Cleansing therapy uses easily available, relatively inexpensive products and easy-to-follow procedures. I have used grandma recipes – mostly studied from USA based websites, such as www.curezone.com. For this cleansing therapy treatment however, I have modified some processes and ingredients to suit indigenous conditions. It is a combination of many practical solutions, with only acceptable minor adjustments for present day Indian lifestyles.

The cleansing therapy outlined in the following pages aims to reverse this harmful process by addressing the root cause of this problem – flushing out the accumulated toxins from our bodies and addressing the issue of eating cooked food which is a pollutant for our bodies.

The Effects of Cleansing

1. Bad eating habits are often turned around; the stomach has a chance to reduce to normal size for weight control.
2. Cleansing also releases hormone secretions that coupled with essential fatty acids (EFAs) from fresh plant sources stimulate and strengthen the immune system.

... is unwilling to take the responsibility of his own health, while being quick to blame the doctor if he cannot produce an instant wonder drug to lessen the pain.



Cure Yourself

No.	Item	Brand Name
1.	Hair oil	Arnica, Arnica Plus, Arnica Montana, Arnicated Hair Oil etc
2.	Shampoo	Arnica Amla Herbal, Arnica Montana Herbal etc
3.	Soap	Cal-N, Silk 'n Stay, Sun Life Aloe vera, Arni Hair etc
4.	Toothpaste	Lordent, Home O Dent, Fourrts Gum Forte Gel etc



Bath room odour should be the same as in open air. Avoid artificial sprays and scents. The most popular natural smell is of fresh cut grass and rain on Earth.



Cleansing Therapy

3. Dependence on alcohol, caffeine, drugs, nicotine or sugar is minimized.
4. Excess mucous and congestion is cleared from the body..
5. Blood, kidney, liver and joints are cleansed, impossible under ordinary eating patterns.
6. Thinking power is enhanced. This is difficult under pollution overload.
7. Your digestive tract is cleansed of accumulated waste and fermenting bacteria.

What are the steps in a good cleanse program? You have decided that your body needs a cleanse. How long can you give of your busy lifestyle to focus on a cleansing program, so that all the processes can be complete? This therapy does not require extensive time commitment like conventional medicine and can be undertaken at your own pace in the comfort of your home.

How Is Weight Reduced?

People talk about weight reduction. What is the reason for extra weight? When the body cannot process and detoxify the foreign substances, then at the microscopic level, it wraps them in mucous, fat and water. When you lose these foreign substances through the cleansing therapy, then the mucous, fat and water are also released; since they are no longer needed. This accounts for upto 5 to 10 kg weight reduction.

Feedback – We Highly Appreciate Your Response

Most alternative therapies do not have the luxury of having money spent on them by way of scientific research.

Science is the accumulation of knowledge made possible by the spirit of inquiry. I firmly believe that all therapies, whether allopathy,

Your body stores foreign substances in its fatty deposits. Some people carry up to five kg of mucous that harbours this waste!



Cure Yourself

naturopathy or any other, are essentially fellow followers of this spirit. Research, whether documented or not, whether it takes place through the expenditure of crores of rupees or a few hundred, whether it takes place in a laboratory or in the home, still forms the basis of this spirit of scientific inquiry. As such, any therapy is constantly evolving through the accumulation of knowledge gained through this research.

Cleansing therapy does not have the luxury of having crores of rupees invested in the simple, inexpensive treatment procedure that it advocates. Hence, it is dependent upon people like you who are willing to give it a try. I would like to learn about your experience and welcome your suggestions for making the therapy more appropriate for people with your specific conditions. I shall strive to include your valuable comments in the next edition of my book. My address is given on page xvi.

No crash dieting, no heavy exercise, no side effects.
Yet you experience weight loss forever!



Cost and Availability of Ingredients

Cost Factor

Medical costs, which include the cost of medicines, doctor fees, hospitalization and other incidental costs, are an important factor for people in the choice of a treatment plan.

The only charges incurred in cleansing therapy are the cost of the ingredients involved. Further, this therapy does not use expensive ingredients but easily available low cost ones for the most part.

Cooked food and pollution affect the working of the kidneys, due to which, nephrons are not able to properly remove toxins from the blood.



Cure Yourself

Tools for Cure

No.	Item	Availability	Cleanse	Price * (Rs)
1.	Corn silk	Local vendor Unani <i>haqim</i> shop	Kidney	100/- 1000/-
2.	Parsley	Shops selling foreign vegetables	Kidney	100/-
3.	Watermelon seeds	Local vendor Seed store	Kidney	100/-
4.	Alkaline food	Vegetable shops	Acidity	400/-
5.	Clarkia Parasite cleanse drops	USA	Parasite	2,500/-
6.	Zapper	USA	Parasite	7,000/-
7.	India Zapper India Zapper Dx	India	Parasite	3,500/- 6,000/-
8.	Epsom salt Magnesium sulphate	Chemist Veterinary chemist	Liver	20/- 10/-
9.	Extra virgin olive oil	Grocery stores	Liver	100/-
10.	Orange, <i>mausambi</i>	Fruits vendor	Liver	40/-
11.	Apple cider vinegar	Grocery stores	Joint	500/-
12.	Black molasses	Grocery stores in Mumbai/Delhi Sugar mills	Joint	800/- 50/-
13.	Honey	Your neighbourhood	Joint	100/-
14.	Astrologer	Your neighbourhood	Predictions	5,100/-

* Prices have been given on an estimated basis. They may vary depending upon the location and the requirement of each person.

Five years after you finish medical school, everything you were taught will be wrong but if you wait an additional five years, it will be right again and so on ...



Frequently Asked Questions

Cleansing Therapy

Q.1	You said that I should consult the best doctor on Earth for my precious health but where do I find him/her?		
A. 1	Yes, your health is your most precious asset. The most suitable doctor is the one who understands all your problems at the physical, mental and spiritual levels. The level of relief, details of symptoms, sensitivity to different foods and environmental conditions pertaining to you are best known to you only. So YOU and nobody else is the best person who can treat you. Cure yourself!		
Q.2	Which are the medical problems where cleansing therapy is beneficial?		
A.2	Acidity	Fatigue	Old accident pain
	Acne	Fever	Old age disorders
	Allergies	Frozen shoulder	Osteoarthritis
	Anaemia	Gallbladder stones	Osteoporosis
	Anal itching	Gout	Pharyngitis
	Anxiety	Headache	Piles
	Arthritis	Heart problem	Pimples
	Asthma	Hernia	Psoriasis
	Backache	Hot flashes	Psychological fears
	Bedwetting	Hiatal hernia	Psychological illness
	Bloating	Impotence	Scalds
	Blood pressure	Indigestion	Sinusitis

Cleansing therapy makes use of the
best possible doctor for you – YOURSELF!



Cure Yourself

	Body odour	Infertility	Skin problems
	Breast discomfort	Inflammation	Sleep irregularity
	Breathing problems	Insomnia	Snoring
	Bronchitis	Irritable bowel syndrome	Spondylitis
	Burns	Joint pain	Stress
	Calcium level improvement	Kidney stones	Thyroid disorders
		LDL cholesterol reduction	Tiredness
	Chronic cough/Cold	Leucorrhoea (white discharge)	Tonsillitis
	Chronic sore throat	Menopause problems	Urinary tract infection
	Complexion	Menstrual cramps	Uterine fibroid
	Constipation	Migraine	Vaginal disorders
	Dental problems	Muscle pain	Varicose veins
	Depression	Negative thinking	Vitiligo
	Diabetes	Neurological disorders	Weight loss
	and many other problems.		
Q.3	Why do I do not find the following problems included in your list - cancer, HIV/AIDS, multiple sclerosis, paralysis, Parkinson's disease?		
A. 3	I have felt that significant improvement may not happen for these problems. Hence, I have deliberately omitted them. However, it is evident that the cleansing therapy gives some relief in such ailments as well.		

A half doctor near is better than a whole one far away.
Is it not best if you become your own doctor? Cure Yourself!



Cleansing Therapy

Q.4	Will these cleansing therapies improve my skin?
A. 4	Yes, when toxins are removed from the inside of the body, the skin becomes smooth, complexion becomes fairer, the face starts glowing, nails become pink and hair acquires a healthy, lustrous and silken shine.
Q.5	I have viral or bacterial infection. Can you help?
A. 5	Cleansing therapy does not fight infection directly. It makes your body strong and enhances its natural resistance to diseases, so that it can fight any infection on its own. If satisfactory results are not forthcoming in two-three days, you may take other regular medication, such as antibiotics, for treatment of the infection.
Q.6	Are you against pathological tests?
A. 6	All pathological tests harm the body. However, they are necessary to diagnose the disease. So, as a compromise, they should be used as a tool to diagnose the problem. I am opposed to the medical fraternity using them as an additional source to earn money in unwarranted cases.
Q.7	Do you oppose the allopathic system?
A. 7	No, on the contrary, I fully appreciate its indispensable role in the treatment of acute problems, instant relief, pathology and surgery.
Q.8	Can I continue to take my regular medication, along with this treatment?
A. 8	Yes, you must continue your regular medication. The cleansing therapy does not interfere with other treatment.
Q.9	I do not find any improvement, even after completing the treatment of your cleansing therapy? Can you explain?
A. 9	This is impossible. You have probably taken less than

When toxins are removed from the inside of the body, the skin becomes smooth, complexion becomes fairer, nails become pink and hair acquires a healthy, lustrous and silken shine.



Cure Yourself

	the recommended dosage of the ingredients, due to a fear of reaction or side effects. Take the full dose and see the results. The difference is immediately noticeable in the form of freshness, increased energy levels, enhanced quality of sleep, improvement in skin tone, glow on face, loss of weight, reduction in the intensity and frequency of problems listed on page 19, A.2. Compare these symptoms carefully before and after liver cleanse.
Q.10	What if I cannot take treatment regularly?
A. 10	Most of us cannot. You may begin it irregularly. You will still get some benefit. In other words, it does not work on an 'all or nothing' principle. Every little effort to follow the cleansing therapy yields some positive result.
Q.11	Do you propose any change in lifestyle?
A. 11	I believe in enjoying a life free from don'ts. You need to observe certain restrictions on the days that you do cleansing. Once you have completed the cleansing, you may continue with your lifestyle as it is. You can keep your normal food habits without restrictions but do cleansing at least at the minimum level recommended, in order to ward off the ill effects of your modern lifestyle.
Q.12	Do you recommend any serial order of cleansing?
A. 12	Start with any cleanse (kidney, liver or green juice) at the earliest, in any order of suitability for you and the availability of ingredients.
Q.13	But is there any best sequence?
A. 13	Yes; kidney cleanse, acidity cleanse, parasite cleanse, liver cleanse and finally joint cleanse.
Q.14	Aren't the ingredients of the cleansing therapy toxic when taken in such large quantities? What are the side effects

Understanding the complexity of human body has challenged humans since the beginning of time. With every discovery, yet another mystery is uncovered and while we...



Cleansing Therapy

	of this treatment?
A. 14	<p>No, the medicinal ingredients are only absorbed by the body in the correct dosage. I agree that sometimes, they cause temporary mild discomfort. They do not have any toxic effects, even if you take them in large quantities. Just try them once.</p> <p>There are only positive side effects, no negative side effects. You plan for the relief of one ailment and get cured of many other problems that you had previously not even considered including in the treatment.</p>
Q.15	<p>My spouse has many problems. I want him/her to try your therapy but he/she does not listen to my advice about your therapy.</p>
A. 15	<p>First try this cleansing therapy on yourself. Tell him/her about your experience. He/she will be encouraged to try out this therapy, once he/she notices the benefits and better health that this therapy has given you.</p>
Q.16	<p>Where can I get the medicines prescribed by you?</p>
A. 16	<p>Epsom salt is available with regular and veterinary chemists. For extra virgin olive oil, apple cider vinegar and black molasses, look for shops which sell imported food items. Currently, nearly 250 major towns across India have at least one grocery chain, e.g. Big Bazaar, Food Bazaar, Reliance Fresh, Spar, Spinach, Subhiksha etc. You may try their food sections for the items listed. Use any brand, since all of them work equally well. If necessary, you could also show the photographs on page 93/94/148 in this book to the shopkeeper and ask for the products mentioned.</p>
Q.17	<p>How can you help in the procurement of medicines?</p>
A. 17	<p>Please do not involve me directly. See below for details.</p>

... now have an incredible understanding of the human body, there is still much more to learn. I propose to leave all this to nature – who understands her business much better than we do.



Cure Yourself

Q.18	Do you know of any shop in particular?	
A. 18	Yes, you can get them at the following addresses:	
	<p>Salim/Jibran (This book and dry corn silk is also available) ERAM'S Shop No. 119, 3rd Lane Fruit section Crawford Market Mumbai - 400001 09821117872, 09870097039 email - jibran_tezabwala@yahoo.com</p>	<p>Amit Bhatnagar (This book and dry corn silk is also available) DULAR SANSTHAN 120/129, Vijay Path Agarwal farm Mansarovar Jaipur - 302020 0141-2780013, 09414795916, 09413561793 email - amitnhatnagar@yahoo.co.in</p>
	<p>Note: The references provided in this book, viz Salim/Jibran, Mrs. Archana, Amit Bhatnagar, Priya Patankar, Abhayaraj, Dr Ramesh Jhaveri, Dr Manoj Kumar Pandey, Dr Soham Prakash Gupta, Dr Amit Mathur and P. Kannan know one another. They have benefited from the therapy and are involved in its promotion. I am in regular employment, so I can afford no fees but these people will charge for the products or services that they provide. Any of the above can be contacted for problems or guidance.</p>	
Q.19	We have a campus of 50 families. Five of us have done liver cleanse. We have read this book. A few questions are still unanswered. Can you come and conduct a workshop free of cost?	
A. 19	Yes.	
Q.20	How can I meet you personally?	

The Sun, with all those planets revolving around it and dependent upon it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.



Cleansing Therapy

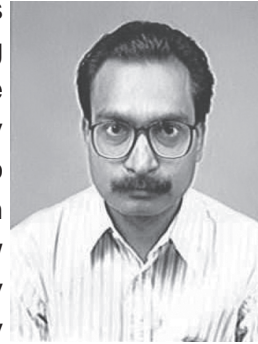
A. 20	In cleansing therapy, a personal meeting is not required, since the treatment is the same for all problems - cleanse your body and let your body heal for you. You may write a one page summary about your problems to me and I will call you. I prefer to respond through e-mail or sms. I have published a few letters from people who have benefited and are involved in the promotion of this therapy. You may contact them, if they are in your neighbourhood.
Q.21	I wrote a letter to you but did not get a reply. How long should I wait?
A. 21	My apologies to you. Please send a reminder along with your phone number.
Q.22	What are your charges?
A. 22	I charge nothing; neither do I promote the products of any company. If furnished, medicines are given free of cost.
Q.23	I have benefited immensely from your treatment. My problems have been cured. My family and I are indebted to your therapy. What can I do for you? How can I repay you?
A. 23	You have cured yourself. My role is negligible. However, your feeling of gratitude is good enough for me to propagate cleansing therapy as a purpose of my life. You can write to me and share your experience. You may advise your relatives and friends to try this therapy. You may form self-help groups and share experiences of cleansing with one another and try to find solutions to your problems through the methods adopted by others with similar issues. You can also write stories about kidney/liver cleanse in your local magazine/newspaper to create awareness about the therapy. You may freely photocopy the contents of this book and circulate it amongst your friends and relatives with or without mention of my name (see page ii).

Our bodies must be obeyed, in order to be commanded.
Life is not merely to be alive but to be well.



Cure Yourself

Q.24	You told us some really interesting things about good health. What prompted you to delve into this subject?
A. 24	<p>Saurabh, my brother, was ten years younger to me. He had been suffering from CRF (chronic renal failure) since 1991. His kidneys failed in 1998. My father donated one of his kidneys to him. Saurabh was thereafter put on immunosuppressant drugs. The new kidney gave him some relief initially but gradually, the transplanted kidney also developed problems. These drugs had the unpleasant side-effect of causing a cataract in 2000. He developed osteoporosis in 2001, since these drugs reduce calcium absorption.</p> <p>The brain and the heart need calcium. If the blood cannot absorb the required amount from food, then it depletes calcium from the bones, in order to keep the brain and the heart functional. This process causes unbearable pain to the sufferer in advanced stages. Saurabh had to bear that pain because he did not have a choice. His haemoglobin level gradually came down to 6 gm%. The side effects of these immunosuppressant drugs were clearly noticeable after four years of long dependence on them. In September 2002, he developed pneumonia, which led to multiple organ failure and he passed away on 10.10.2002. I could not share his pain. Since I was not aware of this wonderful therapy at the time, I could not even ease his pain a little. Though it might be debatable whether this cleansing therapy might have benefited him, it is my tribute to Saurabh to share my experience with you.</p>



Brain and heart need calcium for proper functioning. If food cannot provide the required amount, then blood depletes calcium from the bones. In advanced stages, it causes unbearable pain.



Q.25	When did you start this cleansing therapy?
A. 25	<p>My health was in very bad shape five years ago, in 2003. I had very low energy levels, very poor absorption of food and suffered from constant fatigue in addition to allergy from 40+ items. I told my Reiki masters, Yvette and James Pancras that I did not want to live. They listened to me and then suggested that I should visit www.curezone.com and try liver cleanse therapy, which is gaining popularity in USA. Fed up with the situation, I did my first liver cleanse as the last alternative. Then, feeling encouraged by some improvement in my health, I began practising on my family members, then neighbours and finally close friends. The success, as seen by way of improvement in their health, was astonishing. I never thought for a moment that these simple health tips would bring so much relief to so many.</p> <p>It is highly satisfying when a patient of mine reports how pleased he is with the progress that he has made after undergoing this treatment. As an added benefit, patients also report how pleased their family members are with the results of the treatment, as borne out by the pathological test reports of increased haemoglobin, decreased serum creatinine levels, improved liver and kidney functioning, as well as reduced allergies etc.</p> <p>Day after day, I receive phone calls from people all over India and abroad, telling me how much they have benefited from following this treatment and thanking me for talking and writing about it. I feel so humble and grateful when I learn that somebody, somewhere, whom I have never even seen, feels better because of something that I have done. I feel that the results of my efforts during the past five years have gone beyond my wildest dreams.</p>

Health is like money -
We never have a true idea of its value until we lose it.



Kidney

Laws of Nature

A child is born with an unbiased mind and a healthy body but during his/her lifespan, he/she disobeys the laws of nature. Compare human life with the healthy life of animals, which eat raw food and live in forests, often braving the Sun and the wind, without a roof over their heads. Nature has intended humans to lead a lifestyle that is similar to that of all animals around us.

Animals have to forage or hunt for their food, which involves a lot of exercise by way of the physical activity involved. They also have to be constantly alert and physically sound, lest they fall prey to predators. However, in the case of humans, we have done away with all the physical activity involved in the procurement of food. Far from it, we cause further deterioration in the already poor quality of food that we get (due to the presence of all the fertilizers, pesticides etc as mentioned earlier) by processing it in some of the most harmful ways possible, e.g. deep frying, sweetening, adding salt etc.

Parasites and pollutants find their way into our food. We have greatly hampered the ability of our bodies to fight these pathogens and pollutants by inflicting heavily processed cooked food on our systems. The cumulative effect of eating polluted food, combined with harmful cooking practices, leads to the rise of various ailments in the long run. As an example, if you feed any animal the same food that we eat, the animal is bound to suffer from ill health before long. Over the years, toxins accumulated in the body create a reduction in the efficiency of various organs. Most significantly, important organs, such as kidneys, liver, gallbladder, heart, pancreas etc are adversely affected. We will take up the kidneys to begin with.

The Lord helps those who help themselves. Try kidney cleanse.



Structure of Kidney

We have two kidneys. These are located in the lumbar region, a little below the waist, oriented towards the back. Each kidney weighs about 150 grams and is about the size of an adult fist. They are bean-shaped and reddish brown in colour.

Kidneys are the primary organs for removal of toxins. Each kidney has three regions: the cortex, the medulla and the renal pelvis. The outer layer, called the cortex, contains about 12,00,000 filtering units called nephrons, each consisting of a glomerulus and a renal tubule. The middle part - the medulla, consists of cone shaped groups of urine collecting ducts. The inner region - the renal pelvis, branches into cavities called major and minor calyces. Each minor calyx gathers urine from the medulla; the urine is then collected in major calyces and funnelled into the ureter.

Functions of Kidney

1. Activation of Vitamin D absorption.
2. Blood pressure regulation.
3. Elimination of metabolic wastes.
4. Maintaining the acid - base balance (excretes alkaline salts).
5. Maintaining the electrolyte balance.
6. Maintaining the fluid balance.
7. Prostaglandin synthesis (the female body uses this hormone for the contraction of the womb during childbirth).
8. Stimulation of red blood cell production.

Urine Formation and Excretion

Urine is composed of unwanted substances that have been filtered from the blood by nephrons, the functional units of the kidneys. The urine formed in the kidneys passes through the ureters and is temporarily stored in the bladder. From here it is emptied, normally under voluntary control, through the urethra.

Kidneys are the primary removal organs of toxins.
They keep the body's chemistry in balance by
removing waste products and excess water.



Cure Yourself

How Does a Nephron Make Urine?

In a process called filtration, blood containing waste products enters the glomerulus, where the cells extract water and waste products such as urine, as the blood leaves. Blood flows into a network of capillaries surrounding each tubule from the glomerulus, where substances that the body still needs, such as water, glucose and certain salts are reabsorbed and restored to the blood. The purified blood is then returned to general circulation throughout the body. Waste in the form of urine passes through the ureter into the bladder and thus, the acidity of the blood is regulated. Every day the body's entire volume of blood passes through the kidneys over 300 times - a flow of about 180 litres, almost all of which is reabsorbed and returned to the bloodstream. A healthy adult passes about 500 ml to two litres of urine each day.

Disorders of Kidney

Kidneys keep the body's chemistry in balance by removing waste products and excess water. They also regulate blood pressure and stimulate red blood cell (RBC) production. Although the body can stay healthy with only a single kidney, it is important that kidney disorders are treated promptly because some disorders progress rapidly, often affecting both kidneys, before they are detected.

Factors Affecting Kidney Functions

- Cooked food
- Diabetes
- Hereditary diseases of the kidneys
- High Blood Pressure
- Inflammation of the kidneys (called nephritis)
- Kidney damage as a side effect of medication, particularly painkillers taken for headache, backache, joint pains etc.
- Lower urinary tract infection, e.g. bladder infections, ascending

Health is the first of all liberties.
Other liberties, e.g. equality, expression,
faith, movement, religion, speech etc follow.



up to the kidneys

- Scarring of the kidneys (caused due to back-flow of urine from the bladder)
- Use of herbo-mineral preparations used in indigenous systems of medication.

Symptoms of a Weak Kidney

The symptoms of a weak kidney can vary considerably from one individual to another. The initial signs of the onset of kidney problems may be general and can include:

- Backache
- Blood passed out with urine
- Change in the frequency and quantity of urine passed
- High blood pressure/low blood pressure
- Pain in the kidney area, kidney/ureter stone
- Pain or burning when passing urine, indicating an infection
- Puffy, dark grey mess around the eyes, face, ankles and elsewhere on the skin
- Tiredness, particularly in the evening.

Cooked food and pollution affect the working of the kidneys, due to which nephrons are not able to properly remove toxins from the blood. Hence, there is need of a kidney cleanse.

In a healthy body, no internal organ can be identified by feeling the stomach however an infected organ e.g. liver or spleen etc will be palpable by feel of the stomach.



Kidney Cleanse

It takes a lot of liquid to wash the inside of your body. Taking it in the form of herbal teas gives you extra benefits, in addition to making them highly enjoyable, if you make them with little variations. You need to do that, if you wish to produce four litres of urine everyday. Any oedema or water retention, whether in the lungs, arms or abdomen also requires the strengthening of kidneys with this recipe.

Kidney Cleanse Procedure

Kidney cleanse is a procedure that is used to cleanse the kidneys from within, by removing deeply embedded toxic wastes from the blood and kidneys. Kidney cleansing also dissolves kidney stones and passes them through urine in microscopically dissolved form.

Kidney Cleansing Recipes

Ingredients

1. Tea (*kaadha*) made from corn silk (*bhutte ka baal*) - fresh or dried. The corn silk should ideally be dried in sunlight. If dried, it can be preserved for a long time. Washing the dried corn silk prior to use is not necessary because dust and impurities can be removed by sedimentation and decantation during use;
or
2. Tea made from parsley (green coriander like vegetable, available in big cities) leaves, costing about Rs 400 per kg. Parsley is to be used fresh. Rinse in water before boiling. It should be strongly fragrant, otherwise it has partially lost its active ingredients. It can be stored in the refrigerator for four to five days;
or
3. Tea made from watermelon (*tarbooz*) seeds with skin (*chhilka*) on. The seeds can be black or brown in colour. These can be

Kidney cleanse is a procedure that is used to cleanse the kidneys from within, by removing deeply embedded toxic wastes from the blood and kidneys.



Kidney Cleanse

dried and preserved. Some provision stores selling agricultural requirements, such as seeds, also stock melon seeds. They are marked as 'poison' or 'not for human consumption', since they have been treated with pesticides. Therefore, you need to wash and dry them. Then you may safely use them. Grind them dry before boiling, so that the medicine from the skin and the innards is passed into the water. Do not wash the ground seed powder after crushing or grinding.

Process

For best results, fill the vessel/pot with just enough water to cover the ingredients, in order to get concentrated tea. Boil any of the three ingredients in water for about one to two minutes. Allow the mixture to cool and strain it. Boil the residue again with fresh water and repeat this procedure two to three times until the last boiled mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it. Mix all the strained medicinal water, discard the residue and let the strained mixture stand for a few minutes, so that any sediment present will sink to the bottom of the vessel. Carefully, without subjecting the mixture to any sudden movements, pour out the upper layer of the mixture into another vessel, until the sediment at the bottom starts to flow. Stop and discard this sediment. This procedure, known as decantation, can be used to separate fine residue from the mixture. The medicine is now ready for use.

Drink this mixture three-four times each day, for one-two days. The mixture has to be stored in a refrigerator, since it spoils if kept outside. If refrigerated, it may coagulate (thicken) slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it to your taste. Heating it slightly does not affect its medicinal properties.

Some people get better results with corn silk, others with parsley or

If hypertension is present in 1/5th of the Indian adult population –
why not cure it through kidney cleanse?



Cure Yourself

water melon seeds. However, all people get some results using any of the three ingredients. I have found concentrated corn silk tea to be the best for me. Some people have reported good results even with water melon seeds without skin. Such skinless seed is available with grocery stores, whereas seeds with skin are available with fruit vendors or agricultural seed shops.

Quantity

I encourage self-medication. To try for first time, you may take dosage as under:

Sr. No.	Item	Quantity	Colour of Tea
1.	Corn silk (fresh)	250 grams	Dark brown
2.	Corn silk (dried)	100 grams	Dark brown
3.	Parsley (fresh)	250 grams	Green
4.	Watermelon seeds	100 grams	Brown

Observe the results for yourselves and then decide the most suitable quantity for subsequent use. You may decide about the most appropriate quantity and frequency for yourself, though the maximum dosage and frequency (as much quantity as you can tolerate) is recommended. Taking concentrated medicine in larger quantities yields quicker and better results because the medicine reaches deep into the affected organs. If any nausea or undesirable symptoms like stomach pain etc occur, then reduce the dosage.

I normally take upto 200 grams of dried corn silk or 500 grams of parsley or 200 grams of watermelon seeds per day, once a month. The resultant water quantity is about two litres (see FAQ on page 36).

What Results to Expect?

When toxins are accumulated in the body and the kidneys cannot

I encourage self-medication. Observe the results for yourselves and then decide the most suitable quantity for subsequent use.



Kidney Cleanse

filter out all of them, they are circulated in the blood stream. To decrease the ill-effects of these toxins, the body tends to keep them in a diluted form and hence, it retains more water. When the level of water in the blood stream increases, it results in a condition known as oedema. This also results in increased body weight. When these toxins are expelled during kidney cleanse, the extra water retained in the blood stream is also released. Expect increased urination. Hence, there is the added benefit of weight loss, as a result of kidney cleanse.

During the course of treatment, about 1% of patients have a feeling of nausea and about 3% of patients get mild pain in the stomach. However, these conditions are not severe and are caused due to the hyperactivity of nephrons during the blood cleansing process. The pain subsides on its own in one-two hours and does not require any treatment. The final result is an exhilarating freshness, as desired.

Effects of Kidney Cleansing Treatment

The first round of treatment should be over in less than one-two days and instant improvement is expected as under:

- Dissolution of kidney stones
- Fresh face and body, better skin tone with shining, fairer complexion, followed by gradual reduction in dark circles below the eyes
- Higher energy levels
- Improved haemoglobin levels in blood
- Improved sleep quality
- Increase in calcium levels (treatment of osteoporosis)
- Increased activity levels
- Old accumulated toxins expelled from the kidney, blood and body
- Regulated blood pressure (marginally high or low BP are controlled without supplementary medication)
- Relief in backache and other body pain.

My doctor gave me six months to live but when
I couldn't pay the bill, he gave me six months more.



Frequently Asked Questions

Kidney Cleanse

Q.31	How much quantity of corn silk (maize-hair) should a patient take?
A. 31	I encourage self-medication. You can arrive at the best suitable quantity and frequency for your body through experimentation. Sometimes corn silk tea causes very mild pain in the stomach (3% of patients). Do not take any medicine and bear the mild discomfort. The pain will subside without any medication, in about an hour or two. This is caused due to hyperactivity of the nephrons during the cleansing process and is no cause for concern. Parsley and watermelon seeds do not cause pain but their cleansing effect is also lower.
Q.32	How much quantity do you take for yourself, Dr Saxena?
A. 32	When I started this treatment four years ago, I used to take 250 grams of fresh corn silk or 100 grams of dry corn silk or 250 grams of parsley or 100 grams of watermelon seeds each day, for five days. Now I take 200 grams of dried corn silk or 500 grams of parsley or 200 grams of watermelon seeds with skin (<i>chhilkawala tarbooz ka beez</i>) for one day every month. This procedure makes about two to three litres of medicinal tea.
Q.33	Can we store the tea, as prepared above, in a refrigerator?
A. 33	Yes. It is alright to store the mixture in a refrigerator for two-three days. Warm it if you wish, at the time of drinking it. I prefer to drink it cold. Temperature does not play any role in the effects of the medicine in the treatment.
Q.34	I do not find corn silk in sufficient quantities in the market

In the sick room, a little human understanding
equals a lot of medical science.



Kidney Cleanse

	due to off season conditions. My stored corn silk has developed a fungus. Can I still use this contaminated corn silk?
A. 34	The medicinal properties of this fungus affected dried corn silk do not change. It can be used just as well, with the same results as fresh or dried corn silk. Keep the corn silk under the Sun for a few hours. Then follow the same procedure as outlined earlier, for the preparation process. If the corn silk has been stored without drying or in wet conditions, it turns black, gets spoiled and should not be used. Hence, you should keep the corn silk under the Sun occasionally, so that it remains good for use.
Q.35	Can I use all the three ingredients, i.e. parsley, corn silk and watermelon seeds together?
A. 35	No. They are to be taken separately. Any one of them is good enough for the treatment. You may use another option after a few days.
Q.36	After following your therapy, why do I experience increased bleeding during menstruation?
A. 36	This may happen to a few ladies. Treat it as a good sign, caused due to cleansing. You must have felt better in your premenstrual syndrome and have experienced much less abdominal pain. As soon as the toxins that have accumulated in your body are expelled, your condition will improve and you will feel better in a day or two.
Q.37	I got tremendous benefit after one kidney cleanse but after a week's period, I am facing the same old problems.
A. 37	Sometimes the old problems manifest themselves again but if you monitor their frequency and intensity, they occur at much lower levels of intensity and frequency after the

It takes five years to learn when to operate
and twenty years to learn when not to.



Cure Yourself

	cleansing process. Second, you are continuing to live in the same polluted environment and eating cooked food, so do the cleanse again and you will improve further. You will notice instant improvement in backache, headache, general freshness level, the duration and quality of sleep, as well as the symptoms listed on page 31.
Q.38	What is the best time to do kidney cleanse?
A. 38	Kidneys get an opportunity to function more efficiently when the stomach is empty and the body is most relaxed in a lying down condition. This happens after midnight. I keep a litre of corn-silk (or any other kidney cleanse) tea near my bedside at night. If I happen to get up by chance at 2-4 am I drink this and go back to bed. This procedure results in the best effect for me.

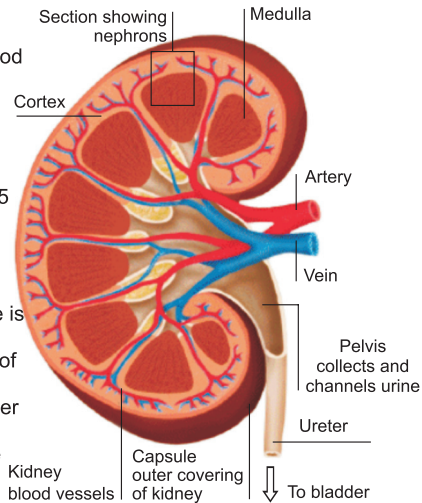
Prevention is better than cure.



Kidney

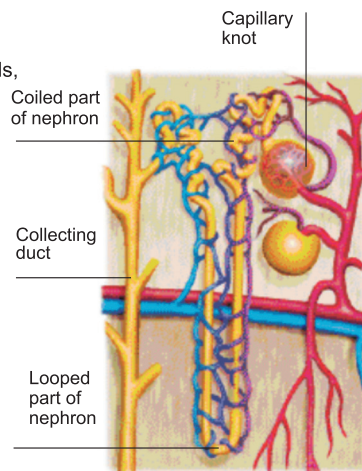
HOW A KIDNEY WORKS

EACH OF YOUR KIDNEYS constantly filters blood to remove waste and process it as liquid urine. Around 180 liters (47 gallons) of blood fluid is filtered inside the kidneys each day, although only 1.5 liters (3 pints) leaves the body as waste liquid, or urine. This is produced as useful substances are reabsorbed from the waste is inside the kidney. This process occurs in millions of tiny tubelike structures, called nephrons, in the outer and middle regions of the kidney - the cortex and the medulla.



URINE PRODUCTION

THE CAPSULE of each nephron contains a knot of tiny blood vessels, called capillaries. The high pressure of the blood forces fluid out of these vessels into the nephron. Any useful substances are reabsorbed from the fluid into blood vessels surrounding the coiled part of the nephron. The remaining urine is concentrated as it travels to the collecting duct.





Kidney - The Problem



A True Story

As of April 16, 2003, Don Winfield of Canada has passed out 4,504 kidney stones, ranging in size from a grain of sand to a dried pea.

Eventually, the affected kidney had to be removed.

Kidney - The Solution

Parsley



Watermelon seeds

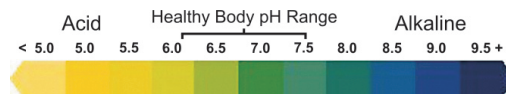
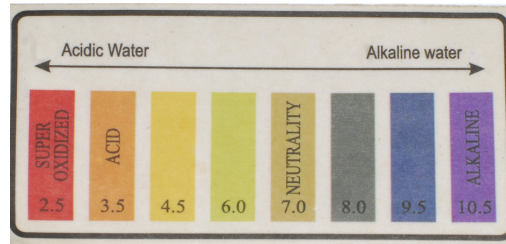


Dry Cornsilk



Acidity

Strips for Testing pH of Saliva



pH SCALE: 5.5-8.0



Website

www.essense-of-life.com/moreinfo/specialtyproducts/phpaper.htm#phscales





Acidity Cleanse

Green Vegetables for Juice



(Cucumber, Gooseberry, Ginger, Carrot, Bottlegourd)



Parsley



Red , Yellow and Green Capsicum



Alfalfa sprouts



Celery



Acidity

Acidic, Alkaline Solutions and pH

The term pH stands for power or potential of hydrogen. It is the negative logarithm of the effective hydrogen ion concentration or hydrogen ion activity in gram equivalents per litre of the solution. It is measured on a scale of 0 to 14, with 7 being neutral. The lower the pH number the more acidic the solution is and the higher the pH number, the more alkaline it is. For example, a pH of 5 is more acidic than a pH of 6 and a pH of 9 is more alkaline than a pH of 8. Water (H_2O) ionizes into hydrogen (H^+) and hydroxyl (OH^-) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H^+ ions than OH^- ions then the solution is said to be acidic. If OH^- ions outnumber the H^+ ions then the water is alkaline. The pH scale is logarithmic, which means that each step is ten times the previous level. In other words, a pH of 4.5 is 10 times more acidic than 5.5, 100 times more acidic than 6.5. Maintaining the pH at high levels is vital for health.

What is Normal Level?

In humans, the normal pH of all tissues and fluids of the body (except the stomach) is slightly alkaline. The most critical pH is of the blood. The body regulates its temperature in a rigid manner. Similarly, it manages to preserve a very narrow pH range in the blood. All other organs and fluids will fluctuate in their range in order to keep the blood pH level strictly between 7.35 and 7.45 (slightly alkaline). The body makes constant adjustments in tissue and fluid pH to maintain this very narrow pH range in the blood. It will create stress on other tissues or body systems to do so. For example, it will draw the necessary calcium from the bones and other alkaline substances from the muscles, so that it may keep the heart and brain functioning

Diseases cannot survive in an alkaline body environment.



Cure Yourself

at full levels. Chronic hyperacidity will interrupt all cellular activities and functions - it interferes with life itself. When the pH of the body gets out of balance (too acidic), we may experience low energy levels, fatigue, excess weight, poor digestion, aches and pains and other even more serious disorders. The symptoms mentioned on page 48 become more manifest.

The Importance of Proper pH - The Importance of Acidic and Alkaline Balance for Health

Virtually all degenerative diseases including heart disease, arthritis, osteoporosis, kidney/gallstones and tooth decay are associated with excess acidity in the body. Cancer and many other diseases cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acids in the body dissolves both teeth and bones. Whatever health situation you are faced with, you can monitor your progress toward a proper acid-alkaline balance by testing your saliva pH.

When healthy, the pH levels of blood, spinal fluid and saliva are all 7.4 (alkaline). Thus the pH of saliva parallels that of the extracellular fluid. Acidity level of the human body is not routinely checked during investigation. During endoscopy, sometimes it is measured in terms of the pH levels of gastric juice. However, we observe a simple approach to test the pH level of saliva in an easy manner. The pH test of saliva represents the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome. The tendency should be to keep the body as alkaline as possible.

How to Test pH of Saliva?

I have shown a sample of a strip at page 41. For testing pH of saliva, a red coloured thin liquid, measuring about five ml is available with most chemists. If you mix your saliva with this liquid, then the mixture colour changes to one of the eight colours shown on page 41.

Virtually all degenerative diseases are
associated with excess acidity in the body.
No harmful parasite can survive in an alkaline body.



Acidity

Another way to test saliva (as also urine) pH is to use a pH test strip kit. Thus you can get an immediate indication of your general health.

The pH of the non-deficient and healthy person is in the 7.3 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively (see page 41). For most children, it is dark blue, a pH of 7.4. Over half of adults show green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients usually show a bright yellow, a pH of 4.5, especially when terminal. You should endeavour to keep the pH of your saliva at the 7+ level. In that situation, you will have no health problems.

Some Facts about Acidity:

1. The pH of the saliva of a newborn child is normally 7.35 (strongly alkaline which is healthy).
2. The pH of the saliva of a person 30 years of age is around 5.5 (strongly acidic which is unhealthy).
3. Rain in forests is alkaline but in cities, it is acidic, due to industrial pollution.
4. Sea water, spring, river and flowing water (naturally occurring water) are alkaline.
5. Tap and swimming pool water, which we process by passing acidic chlorine through them, are acidic.
6. Primarily, only raw green vegetables and fruits are alkaline, whereas most other common foods that we eat are acidic. Nature recommends a diet of 20% acidic and 80% alkaline food, whereas we normally do the reverse, i.e. eat 80% acidic and 20% alkaline food. See page 54 for a complete list of alkaline vegetables. For more details, visit <http://www.essense-of-life.com/moreinfo/foodcharts.htm>

When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4 and the pH of saliva is 7.4.



Cure Yourself

How Does the Body Become Too Acidic?

The body becomes imbalanced and overly acidic, primarily as a result of three things.

1. **Ingesting acids.** Eating too many acidifying foods, such as processed sugar, meats, dairy products, coffee, alcohol, etc creates an acidic ash in the body. These acids can overload the body's ability to neutralize them.
2. **Creation of acids.** Pathogens create acidifying toxins in the body. As the body becomes more and more acidic, bad bacteria and yeasts proliferate in the body. Since these organisms are living, they eat as well as procreate, resulting in the creation of more toxins. These toxins are often very acidifying.
3. **Improper elimination of acids.** Not all acids are the same; some are weak while others are strong. Weak acids, such as citric acid are much easier for the body to neutralize than strong acids, such as uric acid. The body uses many systems in order to buffer acids, including breath, mineral reserves and fat. When the body's buffering systems become compromised, acidity increases.

Effects of Being Too Acidic

High levels of acidity in the body caused by improper diet can have far reaching consequences. For example, if the blood becomes too acidic:

1. It takes some of the alkaline forming elements from the enzymes in the small intestine to stay balanced. The small intestine then becomes too acidic to digest foods optimally. The pancreas, gallbladder and liver are then forced to make up for this deficiency in order to metabolize foods properly. This has a direct bearing on metabolic enzyme production, which is literally involved in every biochemical reaction in the body. The resulting

Man has survived hitherto because he was too ignorant to know how to realize his wishes. Now that he knows the price of realizing them, he must either change them or perish.



problems are lowered immune function, fatigue, hormonal imbalances, absorption and digestive problems etc.

2. The bones will lose calcium, the most alkaline mineral. This can lead to reduced absorption of supplemental minerals and bone density problems.
3. Insulin levels increase and fat is thus stored instead of being metabolized. When malnutrition or starvation sets in, the body becomes acidic and as a safety, insulin is overproduced so that all available calories are stored as fat for future use. As a result, weight gain is common. After becoming fat, weight loss becomes difficult.
4. Electrolyte imbalances occur which have a direct bearing on the fluid transport system. Electrolytes are important because they are what the cells, especially the nerve, heart and muscle cells use to maintain voltages across their cell membranes.
5. Additional stress is placed on the kidneys, gallbladder, pancreas and other organs. Obviously maintaining the proper pH in the blood, digestive tract, tissues and fluids is essential to support optimal health (www.enzymedica.com).

Hyperacidity

Hyperacidity is a widespread common disorder which, if not treated in time, leads to ulcer formation in the digestive tract. It is mainly caused when hydrochloric acid, an important component of the digestive juices, is produced in excess.

Causes of Hyperacidity

- Smoking and alcohol consumption
- Excessive hot, spicy, fried food
- Excessive intake of strong chocolate, tea, coffee, garlic, onions
- Intake of fats, sweets, adulterated and fermented food
- Aspirin and anti-inflammatory drugs
- Stress-related conditions like anger, fear, anxiety

Causes of Hyperacidity are Smoking, alcohol consumption, hot spicy, fried food, Excessive intake of chocolate, tea, coffee, garlic, onions, fats, sweets, adulterated and fermented food.



Cure Yourself

- Urban lifestyle, career/job over-consciousness, cooked food, acidic environment resulting from vehicle exhaust fumes and industrial waste for breathing.

Symptoms of Hyperacidity

Some of the symptoms of hyperacidity include:

- Burning sensation, pain or discomfort in the throat and chest behind the breastbone, known as heartburn
- Headache
- Lack of appetite
- Nausea
- Pain in the abdomen, either immediately after meals (gastric ulcer) or two hours after meals (duodenal ulcer)
- Persistent cough
- Sour oral secretion/belching - acidic taste in the mouth due to regurgitation of acidic fluid into the throat or mouth
- Vomiting - blood in vomit or stools.

This list is not exhaustive. Acidity may be manifested in more ways than mentioned in the list above.

Relief Measures

1. After eating, do not exercise or lie down, since both may lead to food being regurgitated.
2. Avoid alcohol, colas and coffee.
3. Avoid spicy, acidic, tomato based foods and high-fat foods such as chocolate and cream.
4. Eat smaller amounts of food to avoid overfilling the stomach and avoid eating late at night in order to avoid reflux of acidic gastric contents into your food pipe (oesophagus).
5. Lose excess weight.
6. Raise the head of your bed or use extra pillows so that your head is at a higher level than your feet, during the night.

A physician is obligated to consider more than a diseased organ, more even than the whole man - he must view the man in his world.



7. Stop smoking.
8. Take antacids to help neutralize stomach acids for short term relief.

Home Remedies

1. About 200 to 500 ml of cold milk .
2. Sugar-added cold water.
3. Tender fruit pulp of coconut, tender coconut water.
4. Watermelon, banana or cucumber.
5. Chewing basil (*tulsi*) leaves.
6. Fresh mint juice.
7. Sucking on a clove or chew an almond.

Some Ways to Restore Acid-Alkaline Balance in Your Body

If your saliva is too acidic you may wish to increase the alkalinity of your body. Ways to do this include:

Eat mostly alkaline foods. The general rule of thumb is to eat 20% acidic foods and 80% alkaline foods. Minimize the intake of strongly acidic foods.

Strongly Acidic (avoid)	Mildly Acidic 20%	Mildly Alkaline 80%	Strongly Alkaline (supplement)
meat	grain	fruits	calcium
fish	legumes	vegetables	magnesium
eggs	nuts	berries	potassium
hard cheese, alcohol	milk, yoghurt, kefir, soft curds	sprouts	caesium

The desire to take medicines is perhaps the primary distinguishing feature between man and animals.



Acidity Cleanse

Green Vegetable Juices

Fresh green vegetable juices work as detoxification drinks and have a powerful effect on the recuperative powers of the body because of their rich, easily absorbed nutrients. Fresh vegetable juices contain proteins, carbohydrates, chlorophyll, mineral electrolytes and healing aromatic oils. Most importantly, fresh juice therapy makes available to every cell in our bodies, large amounts of plant enzymes, an integral part of the healing and restoration process.

Blood Tonic - Chlorophyll

Green drinks are critical to the success of every cleansing program. The molecular composition of chlorophyll is very close to that of human haemoglobin. These drinks can act as mini-transfusions of blood and tonics for the brain and the immune system, since chlorophyll is absorbed directly into the blood stream.

Formula of human blood (haemoglobin) - $C_{34}H_{32}O_4N_4ClFe$

Formula of plant blood (chlorophyll-b) - $C_{55}H_{72}O_5N_4Mg$

Blood and chlorophyll resemble each other structurally.

1. Both have porphyrin nucleus. Also, the substitutions in 1, 3, 5, 8 (methyl groups) and 2 (vinyl group) position are the same.
2. Both yield porphyrin on degradation.
3. Both are composed of carbon, hydrogen, oxygen and nitrogen. Both have metallic portion in a complex form. For example, there is iron in blood and magnesium in chlorophyll.

Fresh vegetable juices provide
an instant blood transfusion to your body.



Acidity Cleanse

The chlorophyll contained in various green juices is highly alkaline in nature, which forms the basis of our treatment.

Green vegetable juices are an excellent nutrient source of vitamins, minerals, proteins and enzymes. They contain large amounts of vitamins B₁ (Thiamine), B₂ (Riboflavin), B₆, B₁₂, C, carotene, choline, folic acid, pantothenic acid etc. They are high in minerals like calcium, copper, iron, magnesium, manganese, potassium, phosphorus etc. They are full of enzymes that are useful for digestion and assimilation, with some containing over a hundred of the known enzymes necessary for human cell response and growth. Green drinks also have anti-infective properties, carry off acid wastes, neutralize low body pH levels and are excellent for mucous cleansing. They can also help to clear the skin, cleanse the kidneys and purify and build up the blood supply.

Green drinks and vegetable juices are potent fuel in maintaining good health; yet they do not come burdened by the fats that accompany animal products. Those that are included here have been used with therapeutic success for many years. You can have confidence in their nutritional healing and regenerative ability.

Check Whether Your Stools Sink or Float?

Whether stools sink or float is dependent on their water content. Stools that have spent a relatively long time in the large bowel (as in somebody who has constipation) will have had most of their water removed and will therefore be dense and heavy, so will sink. In comparison, where someone is suffering from diarrhoea, the stool is being rushed along the large bowel so very little water is being removed. This results in loose stools, which tend to float. The amount of fibre in your diet can affect the time that it takes food to pass through your gut. The other condition that can affect the colour and density of stools is malabsorption where some of the important

Drink as much fresh vegetable juice as you can –
it does not have any side effects and the body
always regulates its own requirement.



Cure Yourself

constituents of a healthy diet are not absorbed from the gut but are left in the stool. This occurs especially when the pancreatic gland is not working properly and can result in the passage of large, pale-coloured stools which float due to their high fat content, a medical condition called steatorrhea. Sometimes they float due to air bubbles in microscopic form trapped inside.

Whatever be the condition, just observe after drinking 200 ml green vegetable juice three times-a-day for a week. Ingested food will be well digested and absorbed. All the fats will have been properly metabolized. As a result, stools become soft and sink.

How to Make Vegetable Juice?

Use only clean fresh vegetables. You may combine different vegetables in any proportion to suit the needs of your body and your taste. Do bear in mind that it is impossible for us to imbibe such juice in excess, since NATURE has designed us to eat raw food and has provided inbuilt limiting mechanisms that help us know when to stop. Use a juicer if available, otherwise you may use a mixer-cum-grinder. Most households have a mixer and a few have a juicer as well. I use a heavy-duty juicer. Do not mix fruits and vegetables while extracting juice. However, different vegetables can be combined for mixed juice.

Organically grown vegetables are preferred. Alternatively, they may be soaked overnight in potassium permanganate (KMnO_4) solution. Wash them and cut them into small pieces, then grind and blend them with water in a mixer. Strain this mixture through a coarse strainer (*chhanni*) with large holes, so you get enough of fibre. These large holes in the strainer allow medium and small pieces of fibre to flow with the juice. Only large pieces, which you find difficult to swallow are strained. Drink it fresh, since it spoils fast. Do not use beyond 1-1½ days even if it has been stored in the fridge. The residual green paste can be used to fill in *chapatti* flour.

You can select almost any vegetable to make juice,
depending upon your taste.



Acidity Cleanse

I use fresh vegetables purchased in the open market (which might have been treated with pesticides and fertilizers) without potassium permanganate. I feel that after undergoing numerous kidney and liver cleanses, the immunity of the human body is sufficiently enhanced to fight the detrimental effects of pesticides and fertilizers.

Remember that I want you to take enough fibre, chlorophyll, proteins, carbohydrates, mineral electrolytes and nutrients in their natural form and identity. Drink one glass (200 ml) three times-a-day, a total of about 600 ml in a day. Decide the quantity best suited for you. Store any unused portion in a refrigerator but consume everything within a day or two, since the juice spoils fast. Witness the miraculous cure for all your problems unfold within a week. Modify the dosage according to the tolerance level and physical condition of your body. Many of my friends have replaced their morning tea with a glass of green vegetable juice and they are very enthusiastic about this treatment. Drinking this fresh green juice overnight fights any stomach acidity caused and provides a great start to a new day.

Any modification to the above schedule or quantity only slightly affects the medicine. You may proceed as you like. Omit any vegetable, if it does not suit you or it is not available. You may also vary the quantity or use any combination to suit your taste.

Rather than emphasizing the alleviation of symptoms, cleansing therapy focuses on the treatment of the basic cause of illnesses.



Cure Yourself

A random selection from the following vegetables can be used to start with same or less/more quantity.

Vegetable	Vernacular (Hindi)	Skin (chhilka)	Stem (danthal)	Seeds (beej)	Quantity (grams)
Alfalfa sprouts	Like <i>moong ki dal</i>	n/a	n/a	n/a	50
Beetroot	<i>Chukandar</i>	yes	yes	n/a	100
Bitter gourd	<i>Karela</i>	yes	no	yes	100
Bottle gourd	<i>Lauki</i>	yes	no	yes	500
Cabbage	<i>Patta gobi</i>	no cover	no	n/a	250
Capsicum	<i>Shimla mirch</i>	n/a	no	no	250
Carrot	<i>Gajar</i>	yes	yes	n/a	200
Celery	<i>Ajmod</i>	n/a	yes	n/a	200
Cucumber	<i>Kheera</i>	yes	no	yes	500
Garlic	<i>Lahsun</i>	no	no	n/a	25
Ginger	<i>Adrak</i>	yes	no	n/a	25
Goose berry	<i>Amla</i>	yes	no	no	50
Green tomatoes	<i>Hara tamatar</i>	yes	no	yes	250
Lemon	<i>Neembu</i>	yes	n/a	no	50
Mint	<i>Pudina</i>	n/a	no	n/a	50
Parsley	<i>Ajmod</i>	n/a	no	n/a	200
Radish	<i>Mooli</i>	yes	yes	n/a	100
Spinach	<i>Palak</i>	n/a	no	n/a	100
Turnip	<i>Shalgam</i>	yes	yes	n/a	100

n/a - not applicable



Specific Vegetable Juices

Some specific combinations for individual needs are given below. Try them thrice daily for a week to notice the difference. You may omit any vegetable if it is not available or does not suit you.

1) Potassium Juice

This is the single most effective juice for cleansing, neutralizing acids and rebuilding the body. It is a blood and body tonic that provides rapid energy and system balance.

Make juice using three carrots, three celery stalks, one bunch spinach and one bunch parsley.

2) Personal Best V-8

A high vitamin/mineral drink for normalizing body balance.

Make juice using eight tomatoes, four green onions with tops, one capsicum, two carrots with tops, two celery stalks, one bunch spinach, one bunch parsley, two lemons.

3) Cleansing Energy Tonic

A good afternoon pick-me-up juice during a three to seven day cleanse.

Make juice using four cups mixed sprouts (e.g. alfalfa, buckwheat, sunflower and/or *moong*), one large carrot, one celery stalk, one cucumber, one green onion.

4) Kidney Flush

A purifying kidney cleanser and diuretic, with high content of potassium and other minerals.

Make juice using four carrots with tops, one cucumber with skin, four beets with tops, one handful spinach and four celery stalks.

5) Fungi/Yeast Cleanser

Make juice using one bunch parsley, two garlic cloves, six carrots, two celery stalks and three Chinese kale or collard.

Juices of raw vegetables are unlikely to cause harm –
you can further raise your immunity levels
by doing kidney and liver cleanse.



Cure Yourself

6) Daily Carrot Juice Cleanse

Make juice using four carrots, one cucumber, two celery stalks.

7) Prostate Sediment Cleanser

Make juice using two large handfuls mixed dark green leaves, especially spinach, Chinese kale, collard and dandelion and three large tomatoes.

8) Skin Cleansing Tonic

Deep greens to cleanse, nourish and tone skin tissue from the inside.

Make juice using one cucumber with skin, one bunch fresh parsley, 100 grams alfalfa sprouts and four sprigs fresh mint.

9) Excess Body Fluid/Water Retention Cleanser

Make juice using one cucumber, one beet, one radish, one apple without seeds and four carrots with tops.

10) Calcium/Magnesium High Blood Pressure Reducer

Make juice using two garlic cloves, one handful parsley, one cucumber, four carrots with tops and two celery stalks.

11) Arthritis Relief Detox

Make juice using a large handful spinach, a large handful parsley, a large handful watercress, five carrots with tops, three radishes.

12) Bladder Infection Detox

Make juice using three broccoli flowerets, one garlic clove, two large tomatoes, two celery stalks and one capsicum.

13) Piles And Varicose Veins Drink

Vitamin C, calcium and bioflavonoid boost collagen production which helps new elastic tissue to form.

Make juice using three handfuls of dark greens - chinese kale leaves, parsley, spinach or watercress, five carrots with tops, one green bell pepper and two tomatoes.

Life expectancy would grow by leaps and bounds if green vegetable juices smelled and tasted as good as butter chicken or *paneer tikka masala*.



Acidity Cleanse

14) Diverticulitis Detox

Make juice using one large handful parsley, one small green cabbage, two large tomatoes, four carrots with tops, four garlic cloves and two celery stalks.

15) Gentle Cleanse For Crohn's Disease And Colitis

Make juice using three handfuls greens - one bunch spinach, one bunch parsley and one Chinese kale or collard; three beets with tops, five carrots, one capsicum and one apple without seeds.

16) Constipation Cleanse

Make juice using one small green cabbage, three stalks celery and five carrots with tops.

Parsley, celery, Chinese kale, collard, alfalfa sprouts are available at shops which sell vegetables of foreign origin in big cities.

Specific Fruit Juices

Drinking fruit juices are like a quick wash from the inside for your body. Their high water and sugar content speeds up metabolism to release wastes quickly. Their alkalizing effects help reduce cravings for sweets. Wash fruit well if commercially grown. Fruits and fruit juices have their best nutritional effects when taken alone. Eat them before noon for best energy conversion and cleansing benefits.

1) Blood Builder

A blood purifying drink with iron enrichment.

Make juice using two bunches grapes, six oranges and eight lemons. Stir in two cups water and four teaspoons honey.

2) Cleanse For Allergies

Make juice using fresh ginger root, one fresh lemon, six carrots with tops and one apple.

Drinking fruit juices are like a quick wash from the inside for your body. Their high water and sugar content speeds up metabolism to release wastes quickly.



Cure Yourself

3) Stomach Cleanser & Breath Refresher

Make juice using one bunch grapes, one basket strawberries, three apples and four sprigs mint.

4) Piles & Varicose Vein Tonic

Make juice using one cup cherries without seeds, one bunch green grapes, two slices pineapple, one apple and one inch sliced ginger.

5) Ginger Aid for Prostate Enlargement

Make juice using one lemon, one inch sliced ginger and one bunch green grapes.

6) Arthritis & Bursitis Relief

Make juice using two peeled oranges, two slices pineapple and one apple.

7) Constipation Cleanser

Make juice using one firm papaya, one inch sliced ginger and one pear.

8) Acne Fighter

Make juice using two slices pineapple, one cucumber, one apple and one inch sliced ginger.

For further details, visit <http://www.healthyhealing.com>

All citrus fruits e.g. orange, lemon etc are acidic for a litmus test. However, they are alkaline for our stomach. It can be verified by burning the juice of these fruits. The residue is alkaline for a litmus test. All juices are burned in the stomach, giving alkaline effect as desired.

A smart mother often makes
a better diagnosis than a poor doctor.



Frequently Asked Questions Acidity Cleanse

Q.41	Should we boil the vegetables for juice?
A. 41	No, because you get vegetable soup if you boil them. They are not even to be heated.
Q.42	How many times-a-day should I take this vegetable juice?
A. 42	Try to take at least one glassful (200 ml) three times-a-day initially. Observe the results within a week. You will notice that your stools start to sink, whereas they used to float earlier, due to the undigested fat. This problem of undigested fats is resolved by drinking green juices. Later, you may decide the quantity that best suits your body and lifestyle. See intestine cleanse for more details on page 158.
Q.43	Can we add salt to the juice?
A. 43	Yes, you may add salt to taste.
Q.44	Can we add lemon juice to it?
A. 44	Yes, you can. You may juice it with the skin on but without the seeds. Lemon skin is very nutritious. We use ' <i>neembu (chhilka) ka achar</i> ' for relieving stomach pains.
Q.45	Is it possible to survive only on vegetable juice for a week?
A. 45	Yes, it is a wonderful experience. Initially, you have a craving for mastication. Then, you can chew carrots or cucumbers.
Q.46	What if I eat raw vegetables instead of making juice? Will it have the same effect?
A. 46	Obviously, you will get more fibre and benefit if you eat raw vegetables. However, the quantity consumed is very important. It is not practical to eat the large quantities of

On Earth, there is only one best child
which every mother has got.



Cure Yourself

	raw vegetables necessary to derive the desired benefit and so I have prescribed juice for convenience.
Q.47	Vegetables are grown in dirty places and I fear infection if I make their juices raw.
A. 47	<p>You already possess good levels of immunity in your body. Eating raw vegetables or drinking their juice is unlikely to cause harm. We eat raw vegetable salads in restaurants. If you wish, soak the vegetables overnight in a solution of potassium permanganate for safety. I use them without soaking and I have faced no problems. You can raise your immunity levels further by undergoing kidney and liver cleanses. Just visualize the normal immunity level of a common person. On 26th July 2005, the entire city of Mumbai was flooded. Sewer water got unintentionally mixed with the water supply provided by the municipal corporation at some places. However, there were no outbreaks of disease or epidemics. This was not due to the spraying of insecticides or pesticides but because general immunity levels of people are good. I am also against drinking bottled or so called mineral water. Regular tap water is good for 98% of the urban population. The remaining 2% also have good immunity levels but the marketing jargon of water bottling companies confuses the consumer. They decide to avoid risk and drink bottled or mineral water. I drink tap water without any problems. Don't we rinse our mouths and gargle after brushing with regular tap water? Only a few drops of contaminated water contain enough germs to make us sick. However, we do not use bottled water but regular tap water for this purpose, without any ill-effects. We do not even need to boil water before drinking. The body's immunity is good enough.</p>

A few drops of contaminated water contain enough germs to make us sick. However, we do not use bottled water for gargling but regular tap water, without any ill-effects.



Parasite

Introduction

Bacteria, viruses, fungi (or mould) cause infections. They cannot be seen with the naked eye. Statistically, more often than not, people have parasites living inside their bodies - parasitic organisms like roundworms, tapeworms, flatworms or microscopic protozoa. Except microscopic protozoa, we can see other parasites with the naked eye. On a regular basis, newspaper headlines include the findings of major medical studies, where yet another parasitic organism or virus has been found to cause yet another disease. Parasites are a factor in every illness, therefore I have included them in this book. Dr Hulda Regehr Clark of USA was making these same connections in the 1960s.

If I ask "Are you aware that there could be parasites inside your body?", you are likely to say, "Parasites? Me? Are you joking?"

We all believe that parasites are something that happens to other people, not me! I was the same. The first time I read Hulda Clark's book 'The Cure for All Diseases', I thought "This book is not for me". However, as my interest in parasites grew, I came across many stories proving time and again that she was not "throwing out wild and crazy ideas!". My opinion about her theory was reversed when I discovered worms in my stools and in the stools of many patients, after taking parasite-killing tincture containing black walnut hull, cloves and wormwood and using the zapper and colloidal silver.

It is now established by many different approaches that weak electric current eliminates viruses and other parasitic organisms. Once these parasites are eliminated, the body's healing power can be fully unleashed, restoring vibrant health very fast.

I ask "Are you aware that there could be parasites inside your body?"; you say, "Parasites? Me? Are you joking?"



Cure Yourself

Dr Clark's research had discovered:

1. All people suffer from parasites of one type or another during their lifetimes.
2. Parasites and unhealthy tissues are positively charged.
3. The introduction of weak electric current (via the zapper) destroys parasites by reversing their polarity. Negative ions are added to the body in order to encourage diseased tissue to heal - healthy tissue is negatively charged.

Parasites cannot defend their positive polarity (shortage of electrons) against the introduction of simple direct current and they die very quickly.

Negative ions will repel parasites, regardless of how these ions are generated, i.e. through electric current or magnets. Parasites not only die when subjected to electricity but also disintegrate and are easily assimilated as harmless nutrients or eliminated. When parasites come out of cysts and other protected formations, they experience an unpleasant situation due to zapping.

I started doing liver cleanse in July 2003. During my first cleanse, I passed out many stones. During each subsequent cleanse, I passed out some stones but their numbers gradually decreased with each cleanse, till it became zero after my 18th cleanse in April 2005. During that time, I got a Clarkia parasite cleanse bottle and my first zapper. I religiously did the parasite cleanse course for two weeks. I also took colloidal silver water during that period. Then I did my 19th liver cleanse. I passed out a similar number of stones as I did during my first cleanse. My energy levels improved vastly. It was almost as if I had my childhood energy back. The pH of my saliva rose to 7. This event made me an ardent admirer of parasite cleanse. I do liver cleanse every six months using Clarkia tincture, zapper and colloidal silver water.

Parasites cannot defend their shortage of electrons or positive polarity against simple direct current and they die very quickly.



Possible Signs and Symptoms of Internal Parasites:

- Anaemia or iron deficiency (pernicious anaemia).
- Burning sensation in the stomach
- Cutaneous ulcers, eczema, hives, itchy dermatitis, papular lesions, rashes, sores, swelling
- Damp lips at night, dry lips during the day, grinding teeth while asleep
- Depression
- Development of allergy-like reactions without any apparent reason
- Difficulty in gaining weight
- Difficulty in losing weight, no matter what you do
- Digestive problems (gas, bloating, constipation or diarrhoea that come and go but never really clear up)
- Eating more than normal but still feeling hungry
- Excessive amount of bacterial or viral infections
- Fast heartbeat, heart pain, pain in the navel
- Food sensitivities and environmental intolerance
- Gastrointestinal symptoms and bulky stools with excess fat in stools
- Itchy anus, ears, groin, nose, penis, vagina
- Joint and muscle pains and inflammation often assumed to be arthritis
- Lethargy
- Loss of appetite, yellowish face
- Men: sexual dysfunction
- Multiple awakenings during the night particularly between 2 am and 3 am
- Pain in the back, thighs, shoulders
- Restlessness and anxiety
- Tiredness most of the time (chronic fatigue)
- Women: problems with the menstrual cycle, sexual dysfunction.

Man is a creature composed of countless number of cells,
a microbe is composed of only one, yet throughout
the ages the two have been in ceaseless conflict.



Cure Yourself

Diagnosis or Cleanse

There are pathological laboratories which diagnose the presence of some parasites in the stools and in the intestines. Some ask for developing urine and stool culture. However, so far none of these laboratories can determine the presence of all kinds of parasites. Recognising microscopic eggs present in your stools is much harder job than finding bacteria, yeast or virus.

There are not many things that you can do about the parasites present in your body. Prescription drugs are available and they do work like other drugs and antibiotics. They also have harmful side effects. Their beneficial effects are too low, when compared with Clarkia tincture, zappers and colloidal silver.

Viruses and fungi inside cells, parasites in cysts and parasites with exoskeletons (like hookworms in the peripheral tissues), will take longer to destroy but by zapping you begin to clear the blood and lymphatic fluids, major organ ducts, intestinal and stomach lining, brain and central nervous system of parasites, which will give your immune system a tremendous and nearly immediate boost.

Colloidal silver is a powerful, natural antibiotic and preventative against infections. It acts as a catalyst and disables the enzyme that the microscopic one-celled bacteria, viruses and fungi need for their oxygen metabolism. The parasites suffocate without harming human enzymes or parts of the human body. The result is the destruction of disease-causing organisms in the body and in the food.

It is generally cheaper to do parasite cleanse, than to diagnose the presence of parasites in the stools. If you have worms, parasite cleanse will get them out and that is the best diagnosis.

For free download of 'The Cure for All Diseases', visit
<http://www.drloyd.com/cure.pdf>

In nothing do men more nearly approach the Gods
than in giving health to men.



Parasite Cleanse - Part 1

Clarkia Tincture

History of Parasite Protection

Most plants existed thousands of years before humans evolved. These plants had to discover a way to survive and to reproduce. They had to be stronger than their enemies: insects, worms, caterpillars, fungi-yeasts, amoebas, bacteria, viruses, snails etc. Most plants developed a wide arsenal of chemicals, and those chemicals were used for protection against insects, worms, amoebas, bacteria and viruses. Early animals and early humans learned to use these plants to protect themselves from their own parasites and diseases. Many human parasites have a part of their life cycle in animals. Many plants we consume everyday help our immune system deal with parasites and promote our health. These plants, along with other fruits and spices, strengthen our immune system, e.g. garlic, onion, cayenne pepper, black pepper, ginger, lemon, cinnamon, peppermint, carrots, broccoli and flax seeds.

Killing all parasites is almost impossible using clinical medicines which kill one or two types of parasites each. A few of the medicines available tend to make you quite ill. Imagine taking 10 such drugs to kill a dozen of your parasites! This may be good news, perhaps for the pharmaceutical industry but not for you.

Herbs That Kill Parasite

Black walnut hulls (*akhroat ka chhilka*), cloves (*laung*), wormwood (*Artemisia absinthium*), garlic (*lahsun*), pumpkin (*kaddu*) seeds, cayenne pepper (*lal mirch*), goldenseal, sage, thyme (*ajwain*), fennel (*badee saunf*), male fern, cranberry (*karonda*) powder, grapefruit (*paprus*) seed extract, apple kernel, olive (*jaitun*) leaves extract, apple seeds, diatomaceous earth.

The worst thing about medicine is that
one kind makes another necessary.



Cure Yourself

Three plants (black walnut, wormwood and cloves) developed extremely strong natural chemicals, classified as vermicides.

Black walnut (*akhroat*) developed strong protection for its seeds/nuts. The green hull of black walnut contains several potent chemicals, strong herbicides, fungicides and vermicides, including Juglon.

Wormwood developed strong protection for its leaves and flowers. Among other chemicals, wormwood also contains Thujon, a potent toxin/vermicide, virucide and antibiotic.

Cloves (*laung*) developed strong protection for its flower buds. No other herb is as potent an egg vermicide as cloves.

These three herbs have been highly appreciated by humans for many generations. They can get rid of over 100 types of parasites in our bodies, without causing any headache, nausea or interference with any medicinal drugs that you are already on. Does this sound too fantastic? They are nature's gift to us.

These three herbs must be taken together. Black walnut hull and wormwood kill adults and development stage of not less than 100 parasites. Cloves kill the eggs. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the hundred stages already loose in your body will soon grow into adults and make more eggs. The three herbs must therefore be used together as a single treatment. Only if you use them together will you get rid of parasites.

Where Can I Get Those Herbs?

There are couple of websites selling different versions of this recipe. They may be searched on internet. I have used Clarkia drops and I have found them to be effective. As Clarkia is a tincture, it can be used with enema and that way it can much better kill parasites hidden

It is sometimes as dangerous to be run into
by a microbe as by a trolley car.



Parasite Cleanse

inside the colon. Medicine, when taken orally is too diluted to make an impact, when it reaches the colon. If taken as enema, it is quite concentrated, giving best results.

Clarkia is composed of water, grain alcohol (about 37%) and an alcohol extract of three herbs: black walnut, wormwood (*Artemisia absinthium*) and cloves. You should take about 15 drops of Clarkia three times-a-day. Each treatment should last for two weeks. Try taking Clarkia on an empty stomach. If you get nausea, you can take Clarkia with food or after a meal and/or with water. If you can bear it with no nausea, then take it on empty stomach for best results. If the taste is too strong, dilute Clarkia with water or any juice. I take Clarkia on an empty stomach, 15 ml three times-a-day, on tongue without water for six-eight days continuously, combined with zapping and drinking colloidal silver water twice a day, before doing my liver cleanse once in six months.

One small Clarkia bottle has 1000 measured drops. It is good for one round of treatment of two patients for 12 days x 14 drops x 3 times-a-day. The cost of one small bottle is Rs 2,500/-. The manufacturer justifies the high cost as follows: The medicinal properties of these plants, viz black walnut, wormwood and clove are best if they are used fresh for extracting oils. These plants are grown at high altitude. High powered cranes are employed by farmers to harvest these plants. Therefore, the cost of oils extracted from these plants is high.

For more information, visit

<http://www.drclarkia.com>

<http://www.drclarkstore.com>

<http://www.curezone.com/diseases/parasites/parasitescleanse.asp>

Black walnut hull and wormwood kill adults and development stage of not less than 100 parasites.



Notes





Parasite Cleanse - Part 2

Zapper

Concept

Every living being broadcasts its presence with frequencies, like a radio station transmitter; the zapper uses electricity that is powerful enough to kill parasites but not powerful enough to harm you. A theory of the zapper is to transmit a frequency in alliance with the parasites' unique biorhythms, to momentarily disable them and thus allowing your own immune system to take hold of the foreign body and eliminate it. It is a battery operated DC pulse (positive offset) generator with output amplitude of 5 volts (open circuit) and a frequency between 10 Hz to 500 kHz (10 to 5,00,000 pulses per second) with a limited current output.

How Does a Zapper Work?

The zapper current at the specified voltage and frequency stuns the pathogen and disrupts its hiding abilities. Once discovered, the white blood cells single them out as foreign objects. This enables the body's immune system to identify and eliminate the pathogens including parasites, bacteria and most viruses. It happens quickly in about an hour. The white blood cells will proceed to surround the dead invaders and they are removed from the body via urine and/or stools. The zapper produces a positively offset square wave of the desired frequencies, i.e. 2128 Hz, 2500 Hz, 10 kHz or 30 kHz. It kills only small life forms and does not harm the human body.

The zapper is an instrument. It can be used again and again. It keeps working. If damaged, it can be repaired by the manufacturer. The zapper is many times more effective than Dr Clarkia's parasite cleanse bottles. Even children can use all three safely. Zappers are

The rewards of using a zapper are worth many times the investment involved.



Cure Yourself

sold by the thousands around the world, killing bacteria, protozoa and other parasites. There are several different zapper models and options available to suit your requirements. Select one that best suits your requirements (see page 92).

How to Zap?

You will need two small pieces of cloth. You should moisten them with salted water until they are wet. Salted water is used to improve electric conductivity. Do not use unsalted water because that has a high resistance to electric current and hence, will not conduct the weak electric current generated by the zapper into your body.

1. Install battery, if it is not already in.
2. Prepare salt water solution by adding a teaspoon of salt to water.
3. Place paper towels, sponge (or cloth) which has been wetted with salt water solution around the copper pipes.
4. Turn power on to your zapper.
5. Grasp copper pipes one in each hand and hold firmly.
6. Continue to hold for seven minutes.
7. Do the second zapping for another seven minutes (reverse copper pipes by exchanging hands).
8. Disconnect the zapper and wait another seven minutes.
9. Do the third zapping for again seven minutes at changed frequency.
10. Do the last fourth zapping at changed frequency by exchanging pipes in both hands.
11. Repeat three times every day for seven to ten days.
12. I have used zapper copper pipes in the armpits, neck, tongue, behind the elbows and knees for better results. Probably because the skin cover in these parts is soft, hence current is able to flow into the blood in a strong way (see page 204).

For more details, read the instructions booklet provided with the zapper.

In her book, 'The Cure For All diseases', Dr Hulda Clark describes how certain parasites affect our health and how we can improve our health by killing them with a parasite zapper.



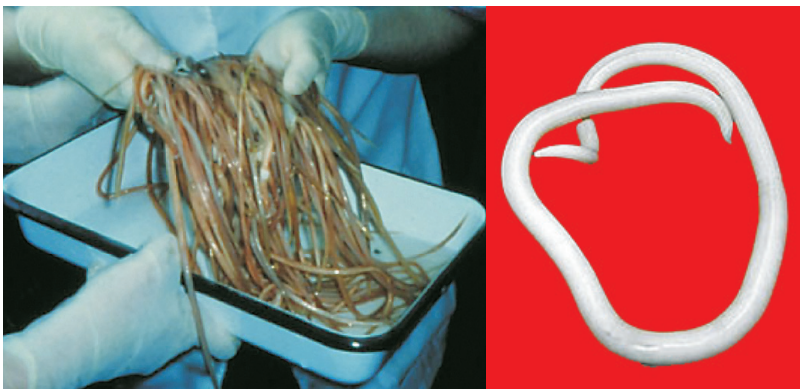
Know Your Parasites - The Problem

Hookworm



On the left, we have a photo of the foot of a person infected by the hookworm parasite. On the right we have a head shot of a hookworm. Hookworms enter through the skin and migrate through the bloodstream to the lungs and intestines. They may also be ingested through contaminated food or water. You may have itchiness or redness where the larvae penetrated the skin (most likely your feet). They enter undetected/unchecked into your system causing a dry cough, blood-tinged septum, wheezing, and a low grade fever.

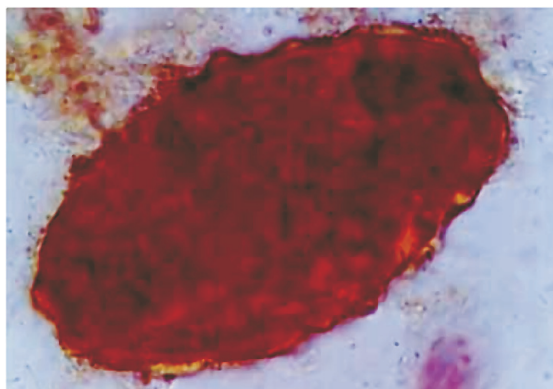
Roundworm (*Ascaris lumbricoides*)





Here are staggering statistics: the World Health Organization reported that about 25% of the world's population is infected with roundworms. They can grow to 12 inches inside the intestine and can lay as many as 300,000 eggs in a single day. Once the larvae hatches it only takes about two months before they start reproducing like mad. You will have many of the same symptoms as the hookworms including symptoms like flu and abdominal pain. If you get a swarm (bundle) of these 12 inches worms, your intestines will probably become so blocked that you will wish for death. Also if you start vomiting be on the lookout. They have been known to be present in the toilet after vomiting or passing stools.

Roundworm (*Ascaris lumbricoides*) egg



The egg of the one-foot long *Ascaris* roundworm (shown) is detected in faecal samples. Infection can occur by eating unwashed fresh vegetables contaminated with soil fertilized with infected human waste. Heavy infection can cause blockage of the intestinal tract, penetration of the gut wall and peritonitis. Larval worm migration damage lymphatic, respiratory and hepatic tissue.

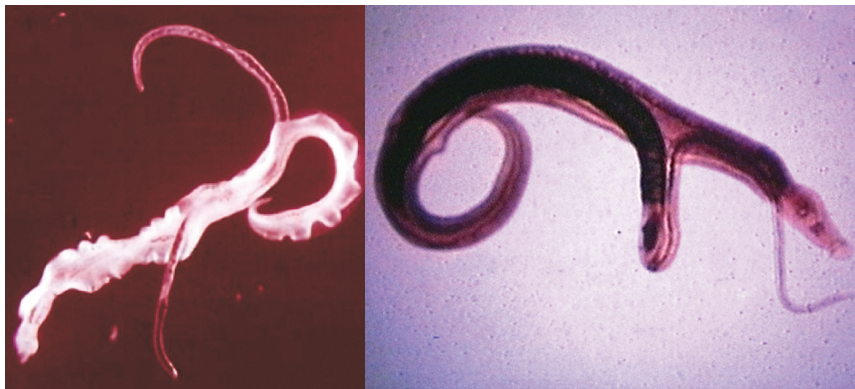


Pinworm



Have you ever been awakened in the middle of the night by an itchy anus? If so, you may be infested with pinworms. They sneak out at night to lay their eggs on the fertile skin surrounding your anus. The eggs can live up to three weeks, so be sure to wash yourself well. If you have experienced an itchy anus, you have already been infected for two-three months. It is more than likely that you were exposed to contaminated food which means you swallowed pinworm eggs. If you think you are infected, just put a clear piece of tape over your anus while you sleep. In the morning, take the tape to the doctor and have him examine it for pinworms.

Schistosoma

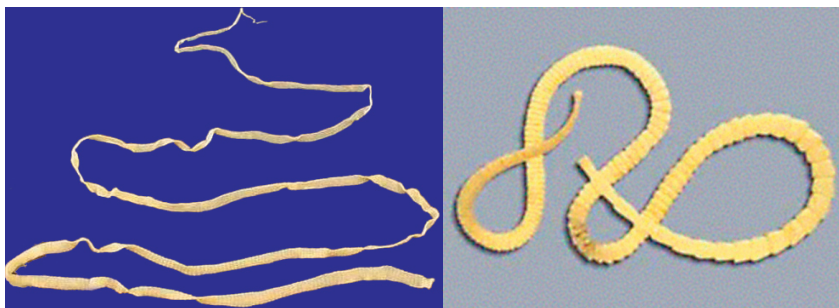


These microscopic organisms are also known as blood-flukes and are known to the World Health Organization as the second biggest danger to society, next to malaria. They live in blood vessels and



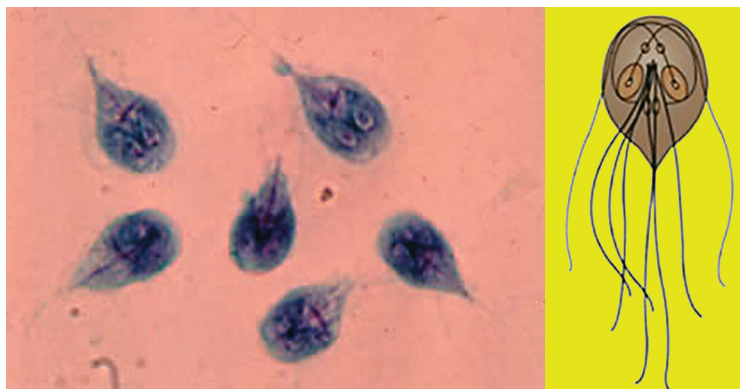
can pass their eggs through urine and faeces. Hosts are infected by penetrating the skin. If you are infected, you will never know until you have fever, chills or perhaps a cough. Your body has a severe reaction to the eggs, not the worm itself. Repeated infection can damage the liver, intestines, lungs and bladder.

Tapeworm



Tapeworms are the biggest of parasites that can measure up to 20 feet long! Keep an eye on your stools because these worms are so long they tend to break off. As long as the head remains attached in the intestine, they will continue to grow. Humans are generally infected by tapeworms through domestic animals. You ingest them after eating the infected meat. Symptoms are similar to the other parasites including abdominal discomfort, diarrhoea and constipation.

Giardia lamblia

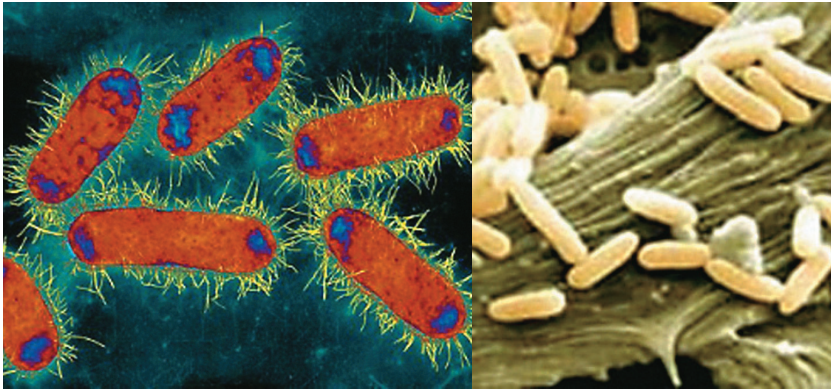


Giardia lamblia cysts cause severe gastro-intestinal symptoms



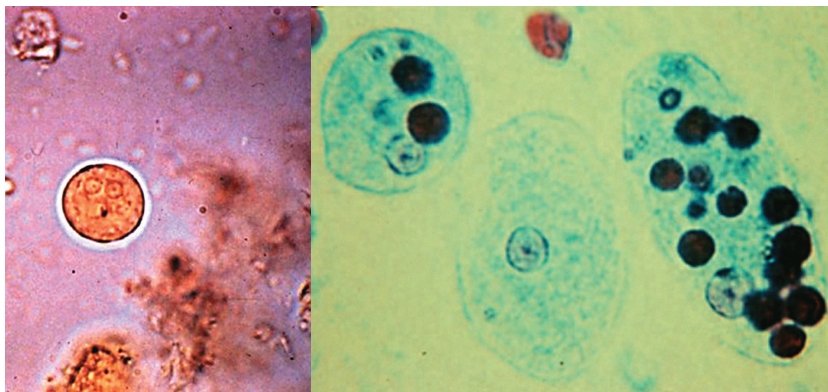
including diarrhoea, abdominal cramps, and malabsorption of food and medication alike. Drinking infected water causes this infection.

Escherichia coli



Escherichia coli (commonly *E. coli*) is a bacterium that is commonly found in the lower intestine. Some strains can cause serious food poisoning in humans resulting in diarrhoea, dehydration, gastro intestinal infection and urinary tract infection. *E. coli* are not always confined to the intestine.

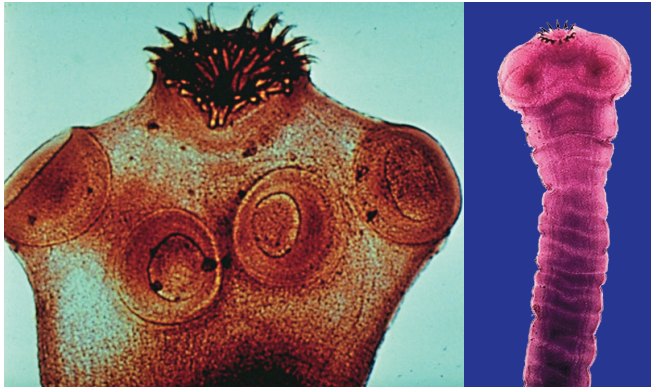
***Entamoeba histolytica* trophozoites**



Entamoeba histolytica trophozoites cause intestinal pain, diarrhoea/constipation (Montezuma's revenge), immunodepression and skin disorders. It may also cause liver, brain or other tissue pathology. It is transmitted through direct or indirect faecal or oral contamination.

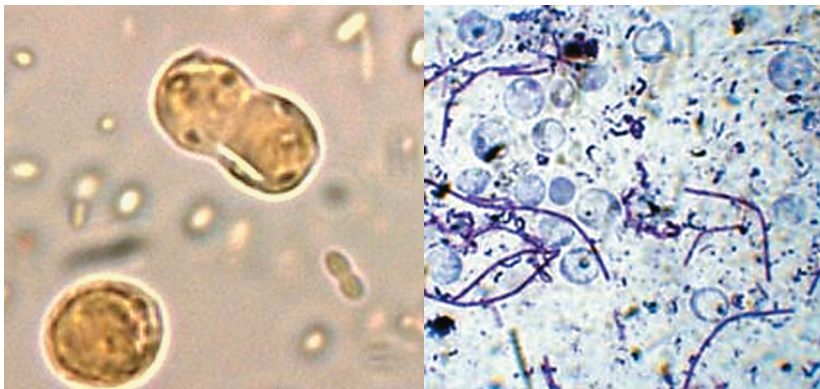


Taenia solium



The recovery of eggs of the human/pig tapeworm *Taenia solium* indicates the presence of upto 10-feet long adults in the intestine. When the immature cysts are present in other organ systems, they often invade the brain and sense organs.

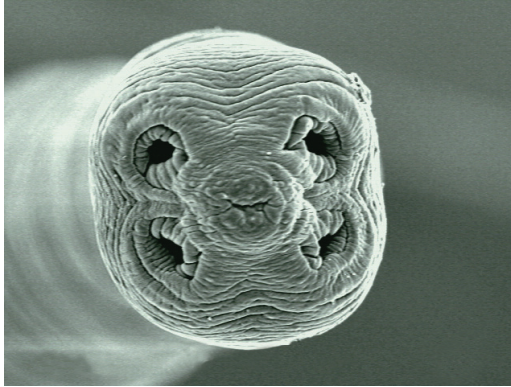
Blastocystis hominis



Blastocystis hominis can cause abdominal cramps, diarrhoea, fatigue, and/or skin disorders. It is transmitted via contaminated food or drink.



Hymenolepis diminuta



Infection with adults of the human/rodent tapeworm *Hymenolepis diminuta* is diagnosed by the recovery of the characteristic egg (above). Infection occurs when cereals and grains contaminated with rodent faecal sources are ingested. Adult worms directly damage intestinal lining.

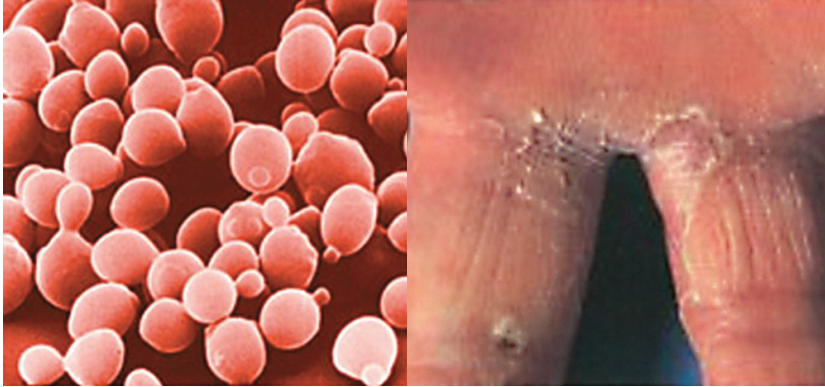
Candida albicans



It is a fungus, not a parasite. It is a microorganism. Systemic candidiasis is hard to treat. Intestinal candidiasis is very common. In many cases candida symptoms are readily observed and treated. Treatment for this includes diet and lifestyle changes.

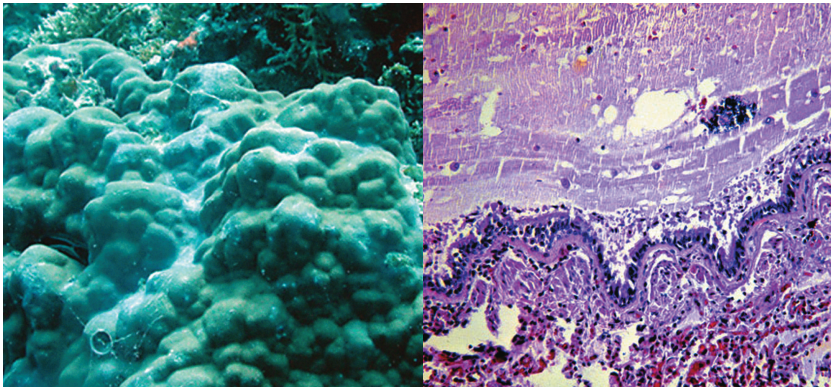


Common yeast



It is not a parasite but a microorganism. Heavy fungal infection with the common yeast displaces good bacteria. Such heavy infections can cause dysbiosis and other intestinal disbalances. Dividing (multiplying) yeast or candida indicate that damage is being caused to the intestinal lining.

Mucus



Mucus too is not a parasite. Very heavy presence of mucus balls is caused by a serious infection with blastocystis causing the intestinal lining to be compromised. *Candida albicans*, common yeast and mucous are not parasites by medical definition. But they are similarly cured by parasite cleanse.



What Changes Can You Expect to See from Zapping?

- Acne disappears in short time
- Better joint mobility
- Breathing improves
- Carpal tunnel syndrome (wrist pain) gone in a day or so
- Cuts, scrapes, wounds, infections heal rapidly
- Dead tapeworms in the toilet after a week or so
- Earache disappears
- Eliminates sinus infections quickly, stops toothaches
- Establishes normal pH within a few days (most cases)
- Eyes less bloodshot
- Flu and cold gone
- Helps remove heavy metals and organic toxins
- Improved mental clarity
- Improved sleep (better dreams)
- Less body, breath and foot odour
- No more depression
- No more migraine
- No more PMS (pre-menstrual syndrome)
- Psoriasis disappears
- Quickly removes (even chronic) pain
- Ringworm gone
- Scabies eliminated
- Skin tone immediately improved
- Stops dandruff
- Stops itching, even from bug bites
- Stops ulcers
- Tumours disappear
- Unbelievable positive feeling
- Warts shrink and disappear
- Yeast and candida type fungi go quickly.

All patients have the burning desire to be able to function without their medicines.



Cure Yourself

In addition to the use of zappers, you can prevent parasites from reinvading your body. No worm or parasite can exist outside of its environment. Therefore, if you change your inner environment through cleansings and eating good foods, your parasites cannot exist. These methods generally include cleansing the intestinal tract, modifying the diet, using a substance that kills the parasites, recolonizing the intestinal bacteria and taking preventive measures. Preventive measures in the diet include steering clear of raw or undercooked meat and fish. Keeping the diet free from junk foods will definitely discourage parasites. Be careful of salad bars in restaurants and avoid those varieties of cheese that have been aged for a long time. Wash your hands after you use the bathroom, before eating, after changing diapers and handling pets. Avoid swallowing mucus from your throat, practice safe sex and keep your colon clean.

Why Do We Need to Zap Three Times?

That's because small viruses also infect larger parasites in the body. When you first zap, you will definitely kill parasites. However, after some time, the viruses, who are not harmed will get out of the parasites. That is exactly when you strike again with the second zapping. The third zapping is for the same reason because this housing process can work two levels deep: a virus in a parasite that is housing in another parasite itself. If you forget the second or third zapping, the problem may recur but the intensity will be diminished due to the first zapping.

Worms disintegrate quickly after they are killed, so you will not likely see dead ones unless they are expelled shortly after they die. If flu or cold symptoms continue after a day of zapping, you are probably experiencing the effects of food poisoning or mould from stale household air (which is why this often happens in a non-ventilated atmosphere, such as an air-conditioned room and disappears as soon as the windows are opened).

Doctors think a lot of patients are cured
but they have simply quit in disgust.



How Can You Obtain a Zapper?

About one hundred manufacturers are available around the world. I feel that all of them work and have no specific recommendations.

I have five different zappers. I have used them on different occasions with about 50 patients. The results in all cases with the various models have been very good.

Websites for availability of zappers -

1. <http://www.drhuldaclark.org>
2. <http://www.newtreatments.org/zapper/ga/330>
3. http://www.paradevices.com/index_1.html
4. <http://www.raydionics.com>
5. <http://www.indiazapper.com>
6. <http://www.astrologyofindia.com>

You may also do a search in a search engine, such as Google, Yahoo etc to find out about more zapper manufacturers.

You may also make your own zapper. The process of manufacturing zappers is available at -

1. <http://www.clarkzapper.net>
2. <http://www.foodzapplicator.com>
3. <http://www.positiveoffset.com>
4. <http://www.toolsforhealing.com>
5. <http://www.zapperlab.com>
6. <http://www.zapperplans.com/plans.html>

Using PayPal to Obtain a Zapper or Parasite Cleanse Bottles or Colloidal Silver Maker

You will need to first become a PayPal member. Log on to www.paypal.com. Go to sign up on top, select your country. Select the personal account for individuals who shop online. To complete the registration process, you will need to pay \$2 through your

If you search for zappers, more than one hundred manufacturers are available around the globe. I feel that all of them work and have no specific recommendations.



Cure Yourself

international credit card. Once you pay \$2, you will receive a four digit code password in your next credit card statement. With this code, you will be able to place an order on the internet site for a zapper or for a parasite cleanse bottle. You can order directly at a few sites like www.petzapper.com.

You can try ordering any zapper of your choice, manufactured primarily in USA, from the internet. Prices start at \$50 and go up to more than \$100. Shipping charges are about \$40.

The manufacturer dispatches it in a day or two after ordering. It reaches the foreign post office in India within seven-ten days. The Customs officer normally releases all medicinal stuff immediately. You may expect to get it in your hands in three-four weeks or earlier, after placing the order. If you do not receive it by then, then contact the foreign delivery office of your local post office. Most probably, you will get it there after payment of Customs Duty.

Avoid involving your friends/relatives in USA. This may add to the confusion. Order directly because these sites do not have phone numbers and they correspond through e-mail only. The rewards of using a zapper are worth many times the investment involved.

How Can You Obtain These Products in India?

To obtain locally manufactured zappers, imported zappers, colloidal silver apparatus, parasite cleanse bottles you may contact chemists in your neighbourhood or

M/s India Zappers (Priya Patankar)

B5/02 Shree Omkar, Sector 46, Nerul (W),

Navi Mumbai - 400706

Tel.: 09323333330

<http://www.indiazapper.com>

e-mail: indiazapper@gmail.com

(If possible, please send letter, sms or e-mail for your requirement, so that the manufacturer may convey full details to you).





Parasite Cleanse - Part 3

Colloidal Silver

Colloidal silver is a liquid suspension of microscopic particles of silver. A colloid is defined as particles which remain suspended in the liquid without forming an ionic or dissolved solution. The broader commercial definition of 'colloidal silver' includes products that contain various concentrations of ionic silver, silver colloids, ionic silver compounds or silver proteins in purified water. Colloidal silver is pure, metallic silver (not a chemical compound) of particles 15 atoms or fewer, each with a positive electric charge, and attached to a molecule of simple protein. This new particle floats in pure water. The electric charge is stronger than gravity so the silver particles do not sink.

History and Applications

Compounds of silver also have a long history in medicine. Silver nitrate solutions were introduced in 1880 to protect newborn infants' eyes from infection, but have largely been replaced by antibiotic ointments since 1978. Silver-containing creams such as silver sulfadiazine have been used in burn centres for more than 100 years. Unani medicine used silver leaves for health benefits.

Concentrations of colloidal silver at five parts per million (ppm) or higher have been found to kill numerous infectious bacteria. One ppm is equivalent to one milligram of solid per litre of liquid (mg/l). Prior to 1938, colloidal silver was widely used by physicians as a mainstream antibiotic but the material was costly and the pharmaceutical industry developed fast acting and less expensive sulpha drugs and penicillin.

Method of Action

Colloidal silver appears to be a powerful natural antibiotic and

Silver water spoils very fast in daylight. It is safe to store it in dark coloured bottles.



Cure Yourself

preventative against infections. The presence of colloidal silver near a virus, fungus, bacterium or any other single celled pathogen disables its oxygen metabolism enzyme via the oligodynamic effect by inhibiting the expression of enzymes and other proteins essential to ATP production. Within a few minutes, the pathogen suffocates and dies, and is cleared out of the body by the immune, lymphatic and elimination systems. The result is the destruction of disease-causing organisms in the body and in the food. Unlike pharmaceutical antibiotics which destroy beneficial enzymes, colloidal silver leaves these cell enzymes intact, as they are radically different from the enzymes of primitive single celled life. Single celled bacteria cannot mutate into silver-resistant forms, as with conventional antibiotics. So no tolerance to colloidal silver develops through mutation. Also, colloidal silver does not interact or interfere with other medicines being taken. Inside the body, silver apparently does not form toxic compounds or react with anything other than a germ's oxygen-metabolizing enzyme. Thus colloidal silver is absolutely safe for humans, reptiles, plants and all multi-celled living matter.

Due to the rapid action of colloidal silver, the five eliminatory channels of the body (liver, kidneys, skin, lungs and bowel) may be temporarily overloaded, causing flu-like conditions, headache, fatigue, dizziness, nausea or aching muscles. Increase your water intake. Regular bowel movements are necessary to relieve the discomforts of detoxification. Reduce dietary sugar and saturated fats, and exercise more. Given the opportunity, the body's natural ability to heal may amaze you.

Science Digest, March 1978, in 'Our Mightiest Germ Fighter' had mentioned, "Thanks to eye-opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half-dozen different disease organisms but silver kills some 650. Resistant strains fail to develop. Moreover, silver is virtually non-toxic."

A Short History of Medicine - 2010 B.C. - Here, eat this root.
1000 B.C. - That root is sin (heathen), say this prayer.
1850 A.D. - That prayer is superstition, drink this potion.



Dosage

One teaspoon of five ppm colloidal silver equals about 25 micrograms (mcg) of silver. One-four teaspoons per day is generally considered to be a nutritional amount and safe to use for extended periods of time. Amounts higher than this are not necessary.

Uses

Some have used colloidal silver in a nasal spray mister - to reach the sinuses and nasal passages. Spray bottles have been used for topical use on kitchen and bathroom surfaces, skin, sore throat, eyes, burns, etc. Colloidal silver is painless on cuts, abrasions, in open wounds, in the nostrils for a stuffy nose, and even in a baby's eyes because, unlike some antiseptics, it does not destroy tissue cells. It's excellent as an underarm deodorant, since most underarm odour is caused by bacteria breaking down substances released by the sweat glands!

Taken orally, the silver solution is absorbed from the mouth into the bloodstream and then transported quickly to the body cells. Swishing the solution under the tongue before swallowing may result in faster absorption. In three to four days, the silver may accumulate in the tissues sufficiently for benefits to begin. It normally takes the kidneys and the lymph system several weeks to flush out the ingested colloidal silver. Hence, it remains in the body for longer duration and gives therapeutic effects. If you are routinely exposed to dangerous pathogenic germs, take a regular daily dose of colloidal silver water for protection. In cases of minor burns, an accumulation of colloidal silver may hasten healing, reducing the possibility of scar tissue and infection. To purify water, add 50 ml colloidal silver water per five litres. It is widely believed in the natural healing arts that the lives of lakhs of people who are susceptible to chronic low-grade infections can be enhanced by this preventative health measure.

1940 A.D. - That potion is snake oil, swallow this pill.

1985 A.D. - That pill is ineffective, take this antibiotic.

2010 A.D. - That antibiotic is artificial. Here, eat this root.



Cure Yourself

I recommend taking 50 ml colloidal silver water daily for four days, to establish a level, then 20 ml daily for maintenance (proportional to body weight for children). After six weeks, a pause of several weeks may be taken. Also, colloidal silver can be applied directly to cuts, scrapes, and open sores, or on a bandage for warts. It can be applied on eczema, itches, acne or bug bites. Colloidal silver has been reported by users to be both a remedy and a preventive measure for numerous infections, colds, flus and fermentations due to various bacteria, viruses or fungi, even the non-apparent low grade, general body infections many people have. Older folks reportedly feel younger because their body energies are used for other uses than constantly fighting disease. Digestion has also been reportedly better. Medical research has shown that silver promotes more rapid healing, with less scar tissue, even in the case of severe burns.

Colloidal silver is tasteless and will not sting even a baby's eyes and will not upset your stomach. It is not an allopathic drug. Irregular use of colloidal silver helps in the cure of most or all medical problems as listed on page 63/79 and elsewhere in this book.

Product Quality

The highest grade is produced by the electro-colloidal/non-chemical method where the silver particles and water have been colloided, i.e. dispersed within and bound to each other by an electric current. As a result, the superfine silver particles are suspended indefinitely in demineralised water. The ideal colour of colloidal silver is cloudy white. High concentrations of silver do not kill disease germs more effectively than the safe range of three to five ppm.

Availability

MonoAtomic Colloidal Silver Maker is available from USA. In India, you may contact your neighbourhood chemist/store or Mr Priya Patankar (see page 82 for address).

So many people spend their health gaining wealth and then have to spend their wealth to regain their health.



Frequently Asked Questions Parasite Cleanse

Q.51	Is the zapper safe?
A. 51	Yes, it is safe for everyone, except women in late pregnancy and patients using pace maker. You may sometimes feel a little worse at the start as the parasites die off but this is usually gone in an hour or two.
Q.52	Can I get electrocuted by the zapper?
A. 52	It is impossible with a 9V battery. The output voltage is even less.
Q.53	What is the best time to zap?
A. 53	Any time convenient to you.
Q.54	What should I do if the shiny copper pipes that I hold are tarnished quickly?
A. 54	The tarnish is normal and harmless. You can remove it with green 'Scotchbrite' coarse jute scrubber. The two pipes should not touch each other, when the zapper is switched on.
Q.55	Does it matter which pipe goes into which hand?
A. 55	No. During the course of zapping, you need to interchange the pipes in either hand.
Q.56	How do I know that the zapper is working?
A. 56	Switch on an AM (not FM) radio. With the zapper turned on, turn the tuning dial until a whine or squealing sound is heard. Turn the zapper on and off several times. If the whine starts and stops in coordination with the zapper being turned on or off, then the zapper is working.
Q.57	How do I know that the zapper is working at the desired frequency?

The current of the zapper is too low to cause electrocution.
You may safely use it without any fear.



Cure Yourself

A. 57	Measure the frequency of your zapper by connecting an oscilloscope or frequency counter to the pipes at any radio repair shop. Talk to your zapper manufacturer.
Q.58	Should I take the herbal parasite cleanse with zapper?
A. 58	Yes, so you have an all round attack. Have parasite tincture enema for still better results.
Q.59	Do you recommend taking all three, viz parasite cleanse tincture, zapper and colloidal silver together for two weeks?
A. 59	I shall say that this is the best combination with one/two kidney cleanse and green juice therapy, followed by liver cleanse. You will feel like a new person after doing so.
Q.60	Is there a pathogen (bacteria, viruses, mites, flatworms, hookworms, roundworms, tapeworm etc) frequency chart ailment-wise, so that a suitable zapper of a particular frequency may be selected for a particular patient?
A. 60	Yes, write to your zapper manufacturer and they will e-mail it free of cost. However, that is effective only when you have tried the liver cleanse more than once. Your zapper manufacturer can manufacture a zapper of any desired frequency and current output, depending upon your need.

I would have taken better care of myself,
if I had known I was going to live so long.



Liver

Structure and Location

The liver is the second largest single organ (after the skin) in the body, weighing about two kg in an adult. Since adult humans can be of different sizes, so can be the liver. It is approximately 21-22 cm across at its widest point, 15-17 cm at its greatest vertical height and 10-12 cm from front to back. The liver is composed of soft, red-brown tissue divided into lobes and enclosed by a tough fibrous capsule. It is situated in the upper abdomen on the right side, beneath and loosely attached to the diaphragm. Its primary secretion, the bile, is poured into the gallbladder and then into the duodenum (the first part of the small intestine), through the common bile duct. In addition, it has important functions, similar to a ductless gland in connection with the metabolism of carbohydrates and nitrogenous waste products. The liver has an intricate and complex system of blood vessels. It receives 25% of the blood supply from the hepatic artery. The major portion, i.e. 75% is received from the portal vein.

Functions of Liver

The liver primarily receives its blood supply that has come from the intestines via the portal vein. This blood contains the final products of digestion as well as decomposition products. The liver is the main organ inside human body whose function is to process substances that are foreign to our body and to make them friendly. The circulatory system of the liver is unlike that seen in any other organ. It is of great importance that a majority of the liver's blood supply is venous blood! The pattern of blood flow in the liver can be summarized as follows:

Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic.



Cure Yourself

Roughly 75% of the blood entering the liver is venous blood from the portal vein. Importantly, all of the venous blood returning from the small intestine, stomach, pancreas and spleen converges into the portal vein. One consequence of this is that the liver gets first pickings of everything absorbed in the small intestine, which, as we will see, is where virtually all nutrients are absorbed. So, it is the liver's job to process all the foods that your intestines have been absorbing. The remaining 25% of the blood supply to the liver is arterial blood from the hepatic artery.

From venous blood, the liver removes glucose, turns it into glycogen and then stores it. When the body needs energy, the liver converts this glycogen back into glucose, which then travels through the bloodstream to the cells, where it is needed. The liver incorporates amino acids into proteins; it probably makes such proteins as albumin, prothrombin components, fibrinogen, transferrin and glycoprotein.

The liver excretes the bile pigments - bilirubin and biliverdin - formed in the cells of the reticulo-endothelial system from haemoglobin.

Briefly, the functions of the liver are as follows:

1. It is the chemical factory of the body.
2. It produces bile.
3. It processes all food.
4. It incorporates amino acids into proteins.
5. The liver is instrumental in clearing out harmful drugs and other chemicals from the body.
6. Clogging in the liver causes allergy/asthma and many other problems (see page 109).

Gallbladder

Each day, the liver produces upto 400 ml of bile. Bile is important for fat digestion. The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder acts

Animals in forest eat zero oil food. Their livers make cholesterol from vegetables to fulfil their lubrication needs of the various organs in their bodies.



Parasite Cleanse - The Solution



Black Walnut



Wormwood



Cloves



Clarkia Tincture
Drops



Parasite Cleanse - The Solution



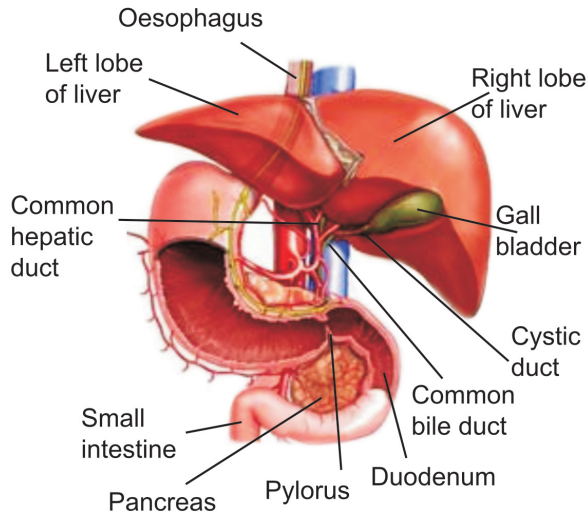
Parasite Zapper



Colloidal Silver
Maker



Liver



Liver Cleanse - The Solution



Epsom Salts - Magnesium sulphate



Liver Cleanse - The Solution



Olive Oil (Wrong) -
See pages 219/220



Extra Virgin Olive Oil (Right)



Liver

as a storage reservoir for bile and is attached to the common bile duct. The pear shaped gallbladder stores bile, which is released into the small intestine in optimum quantities as and when it is needed. Without your gallbladder, i.e. when it is removed by surgery for instance, the liver will still produce bile but the same can no longer be stored, hence it is released into the intestine. Eating fats or protein triggers the gallbladder to squeeze itself empty after about twenty minutes and the stored bile travels down the common bile duct to the intestines.

Bile is designed to cleanse the liver of toxin, fat and sludge and to flush out the stones of fatty and calcified deposits that we call gallstones. The longer the bile remains in the gallbladder the thicker this bitter, greenish liquid becomes and the greater the likelihood of stones forming. These stones also form when too little bile is produced. They in turn decrease the ability of the liver to make bile and as a result, less cholesterol and toxins are removed from the body.

How Is Bile Made?

The spleen breaks down the haemoglobin in the worn out red blood cells into bile salts and other substances. Our body is a wonderful system. Even worn out blood cells get used. Bile salts are normal in the body when in normal amounts. The liver removes excess bile salts and wastes and sends them to the gallbladder for storage. The liver is the body's principal chemical plant. If a man built a factory to perform all the chemical functions one man's liver could perform, it would cover 100 acres.

Functions of Bile

1. It neutralizes the acid from the stomach (because bile is very alkaline).
2. It breaks down fats so that they can be digested.

Nowadays, the clinical history, e.g. X-rays, blood test, urine test reports weigh more than the patient, all too often.



Cure Yourself

3. It is a natural laxative for the colon.

Bile is essential in the digestion of fats. When you eat a meal with fats, the gallbladder releases a large amount of bile to digest them. The concept of emulsifying fats is similar to washing greasy dishes. Without adding soap, it is almost impossible to clean off the grease. Soap emulsifies the grease, so that it can be removed. In a similar way, the gallbladder stores bile and bile acids, which emulsify the fat so that they can be properly transported through the intestines into the bloodstream. When the gallbladder is removed by surgery, the storage centre for bile is removed. When a large amount is needed to digest a meal with a lot of fat, there is not enough bile to digest it properly. This may result in improper digestion of fats.

Even after the surgical removal of the gallbladder, a little pocket remains where stones can accumulate. The liver cleanse will flush out the area and expel gallstones that may have formed post surgery.

What are Gallstones?

Stones can form anywhere in the body where there is a liquid containing mineral salts that can be crystallized and where the fluid is held for a while in a hollow organ, such as the gallbladder. The stones may be large or small, and sometimes grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can become lodged in the ducts, causing gallstone colic, one of the most painful illnesses known. At other times, gallstones may be silent. In autopsies, examiners often find gallbladders full of gallstones. A gallstone is not a true stone. They are rather rubbery and soft. Most gallstones float. Only a few sink. They are mostly green. The size varies from rice grains to golf balls. Even large gallstones will slip out easily through the anus with gallbladder-cum-liver cleanse. Pathological analysis of a liver cleanse stone sample was 91%

Liver is the chemical factory of the body. It produces bile and eliminates harmful chemicals from the body.



cholesterol and the rest was bile salts, water and inert ingredients. It had the chemical composition of gallstones that have been removed surgically (see photographs on pages 111-114).

Symptoms of Gallstones Problem

- Gallstones can cause symptoms such as gas in the stomach, intestinal gas or cramping in the stomach.
- Gallstones are also known to cause abdominal pain, which could be transmitted to the right shoulder.
- If a gallstone remains lodged in the bile duct for a long time, there will be a build-up of bile behind it. This can result in obstructive jaundice.
- Gallstones are more likely to grow where there are high levels of cholesterol. Cholecystitis is an inflammation and possible infection of the gallbladder, caused by a blockage that has been there too long.

Organs Never Malfunction

They never do something other than what they are supposed to do. However, they do stop working. The answer is not to remove the organ like the gallbladder but to work out what is needed to get the organ to start working again. When a gallbladder is removed, a new pathway for the bile is created.

The trouble with this new pathway is that the bile irritates the pancreas. When a cell is irritated, it performs its function irrationally. In this case, the pancreas cannot produce insulin normally. This may lead to diabetes.

Liver and Diabetes

When ducts get blocked with gallstones, the bile must still get out into the small intestine. It may take another route and end up in the pancreas. The body is making the best of a bad situation. The

Organs never malfunction. They never do something other than their regular function but they do stop working. The answer is not to remove the organ like the gallbladder.



Cure Yourself

trouble with this new pathway is that the bile attacks the pancreas, causing an inflammation of the pancreas and the destruction of the insulin secreting cells of the pancreas. This results in a lack of supply of insulin, leading to high blood sugar (hyperglycaemia). Doing a liver cleanse gives relief to patients suffering from this type of diabetes.

Another problem in diabetic patients is the inability of the liver and muscles to pick up glucose from the blood and store it. This is also caused due to the lack of insulin.

Cleansing the Liver - Concept

1. Due to eating cooked food and environmental pollutants etc, toxins accumulate in capillaries in the liver. To visualize this condition, imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to flush out the marbles. With gallstones, much less cholesterol leaves the body and cholesterol levels rise. If you remove the marbles from the garden hose, water flows freely once again. Similarly, once you do the liver cleanse, cholesterol levels come down and liver performance is improved.
2. Cleansing reduces clogging of blood capillaries inside the liver and gallbladder. It improves all the six functions stated on page 90.
3. A healthy person need two cleanses per year to compensate for wrong food habits and living in a polluted environment.

In many people, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but others exhibit no symptoms. When the gallbladder is scanned or X-rayed, nothing is seen. Typically, the gallstones are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black,

There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan coloured.



Liver

red, white, green or tan coloured. The green ones get their colour from being coated with bile. Notice in the picture (see page 111-114) how many have embedded unidentified objects. Are they fluke remains?

You can observe the number of gallstones that are shaped like corks with longitudinal grooves below the tops. We can make out the blocked bile ducts from such shapes. Other stones are composites – made of many smaller ones – showing that they regrouped in the bile ducts some time after the last cleanse.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. At the very centre of each stone, a lump of bacteria can be found. This is suggestive that a bit of dead parasite might have started the stone formation. In this way nests of infection are formed, forever supplying the body with fresh bacteria. No stomach problem such as ulcers and intestinal bloating can be cured permanently without removing these gallstones from the liver.

As the stones grow and become numerous, the back pressure on the liver causes it to make less bile. Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to be reduced by upto 50% immediately after the first cleanse. The benefits increase with each cleanse you do. Incredibly, it also eliminates shoulder, upper arm and upper back pain and many other ailments. You have more energy and an increased sense of well-being.

Cleansing the liver of gall stones dramatically improves digestion, which is the basis of your whole health.



Liver Cleanse - Master Cleanse

Preparation

- Complete a kidney cleanse before cleansing the liver. You should have your kidneys, bladder and urinary tract in top working condition, so that they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being secreted.
- For best results do a parasite cleanse before liver cleanse. For details, see previous chapter. However, you need necessarily not wait to get parasite cleanse tincture and zapper . Start the treatment today with a liver cleanse, without waiting to do a parasite cleanse. Subsequently, after you have received the parasite cleanse bottle and/or a zapper, you may do a parasite cleanse followed by liver cleanse.

Ingredients

- a) Extra virgin olive oil (250 ml) for a person of about 75 kg or more
- b) Fresh juice of orange, sweet lime (*mausambi*) or pineapple - approximately same quantity as oil
- c) Epsom salt/magnesium sulphate ($\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$) - quantity four tablespoons (12-15 grams each dosage for a 60 kg person). Heavier people should increase their dosage proportionately, based on weight - subject to a maximum of 20 grams x 4 times = 80 grams per person per liver cleanse. Lighter people/people suffering from hypertension should take lower quantity, unless they are on regular medication to control hypertension. People suffering from low BP should also take a reduced dose, since this salt sometimes tends to lower BP marginally. However, there is likely to be no problem if a 50 kg person with BP problem takes a total dose of 80 grams Magnesium Sulphate in one day.

For best results, do a parasite cleanse before a liver cleanse.
However, you need necessarily not wait to get
parasite cleanse tincture and zapper .



Liver Cleanse

d) Water (800 ml)

You can substitute the water that is used in this recipe to dissolve Epsom salt with freshly pressed orange/*mausambi* juice or pineapple or apple juice. That way, you will not feel the unpleasant taste of Epsom salt. However, for best results, take magnesium sulphate in water and observe the better cleansing by way of increased number of stones in diarrhoea.

Schedule

Choose a day like Saturday for the cleanse, so that you can take rest the next day.

Stop the kidney cleanse, acidity cleanse, parasite cleanse and zipper programs at 2 pm, i.e. four hours before the scheduled liver cleanse program. Continue other unavoidable medication, e.g. for blood pressure etc that you take regularly.

Have a light dinner on the previous evening. Eat a light breakfast and lunch which is easy to digest. This allows the bile to build up, since bile is less required for digestion of light food. This develops pressure in the liver. Higher pressure pushes out more stones. When I was on a fruit diet, I passed out the maximum number of stones. The reason is simple. Fruits do not need bile for digestion and the bile is stored. It develops pressure and hence, more stones are passed.

Incidentally, now I do my liver cleanse on a working day, with a slight modification in the schedule. I do not take rest the next day.

Stop other cleanses four hours before the scheduled liver cleanse. However, continue other unavoidable medication, e.g. for blood pressure etc that you take regularly.



Cure Yourself

2:00 pm	Do not eat or drink after 2 O'clock. Stop the kidney cleanse, acidity cleanse, parasite cleanse, colloidal silver and zipper program. Get your Epsom salt ready. Mix 20 grams X 4 = 80 grams Epsom salt (individual needs may vary) in four cups water. This makes four servings. Keep the jar in a refrigerator to cool the liquid (this refrigeration is for convenience and taste only).	Liver cleanse starts
6:00 pm	Drink one cup of the mixture of Epsom salt. If you did not prepare this ahead of time, mix Epsom salt in one cup water now. You may add 1/8 th tsp Vitamin C powder to improve the taste. You may also drink a few mouthful of water afterwards or rinse your mouth. The quantity of water for mixing Epsom salt does not matter. Visit the bathroom, if needed.	Dose 1
8:00 pm	Repeat the procedure by drinking another cup of Epsom salt mixture. You have not eaten since 2 O'clock but you won't feel hungry. Visit the bathroom, if needed.	Dose 2
9:45 pm	Pour 175 ml extra virgin olive oil into the cup. Wash orange/ <i>mausambi</i> . Cut and squeeze into the measuring cup. Remove the seeds. You should have about 175 ml of the juice. Add this to the extravirgin olive oil. Mix the contents in a mixer/whipper for about 10 seconds. The medicine is ready now. Avoid the use of packed or canned juice because it is processed. It is not fresh and contains preservatives. Visit the bathroom, if needed.	

The art of medicine is in amusing a patient
while nature effects the cure.



Liver Cleanse

10:00 pm	Drink the medicine (mixture of oil + juice) now. For some people, drinking through a large plastic straw helps it go down easier. You may sip honey in between to help you drink the mixture more easily. Take it all to your bedside if you want but drink it standing up. Get it down within five minutes (15 minutes for very elderly or weak persons). As soon as the drink is down, walk to your bed and lie down quickly on your right side for about 30 minutes, with your head up high on the pillow. The liver is on the right side. This way, more pressure is created on the bile ducts to push out stones. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Do not waste time now to clean up the kitchen etc. Try to think about what is happening in the liver and keep still for at least 30 minutes. You may feel a train of stones travelling along the bile ducts like marbles. There is no pain because the Epsom salt has opened the bile duct valves. Go to sleep. After 30 minutes, you may sleep on any side that suits you. Take sleeping pills in advance, if you expect sleeping problems. Wear loose clothes for sound sleep (see page 195).	Dose 3
6:00 am	Or whenever you get up next morning, take the third dose of Epsom salt. If you have indigestion or nausea, drink the Epsom salt after it is gone. Go back to bed.	Dose 4

It is easy to get a thousand prescriptions
but hard to get one single remedy.



Cure Yourself

8:00 am	After Dose 4, wait for two hours and take a second dose of the extra virgin olive oil and fruit juice mixture (75 ml + 75 ml) and go back to bed, in the same way that you did the previous night.	Dose 5
10.00 am	After two more hours take the fourth dose of Epsom salt.	Dose 6
11.00 am	You may eat. Start with fruit juice because the digestive system is weak due to Epsom salt. Eat fruit or some light food ½ an hour later. You may eat regular food after one hour but keep it light. By supper, you should feel recovered from the effects of Epsom salt.	Liver cleanse over

You may postpone the entire schedule by a few hours if you go to bed late, around 12 midnight or so, instead of 10 pm like me. Even the gaps between the doses may be increased or decreased upto one hour, in order to suit individual requirements. The serial order of medicines is important. For this, punctuality is not necessary.

How Well Did You Do?

Expect diarrhoea in the morning. Use a flashlight to look for gallstones with the bowel movement, in the toilet. You can use a net if you have an Indian toilet, to collect the stones. If possible, use a European toilet, so that you can see the stools float. In Indian toilets, they will be washed away. If you are using an Indian toilet, use a strainer or a net to collect stones, otherwise you will not believe that all this was inside you. Loose motions may start at any time after the first dose of Epsom salt. This is due to the cleansing action of the salt in the intestines. However, stones come out only after the third-fourth dose of Epsom salt. They may continue till 2-4 pm. This varies from person to person.

Hospitals today are full of patients who have fallen victim to the side effects of drugs and anti-biotics. Drugs drain the body of nutrition and the vast majority of the patients are anaemic.



Liver Cleanse

During diarrhoea, the body feels some weakness. Epsom salt does not suit your body. So the blood releases a lot of water through the intestines to flush out Epsom salt. In this process, the valves inside the capillaries of the liver and gall bladder get opened. Then the stones pass out easily. The release of this water for diarrhoea carries out some essential mineral and nutrients. So the body loses some source of energy, which it takes some time to recover. Hence we recommend a gap of two weeks between two liver cleanses. Avoid cleansing when you are ill.

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as chaff floating on top of the toilet bowl water. It may be tan coloured, harbouring thousands of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

Contradiction

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this thought is prevalent - by the time you have acute pain attacks, some stones in the gallbladder are big enough and sufficiently calcified to be seen on an X-ray or radiograph. When the gallbladder is removed, the acute attacks are gone but the bursitis and other pains and digestive problems remain.

Facts

The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones and anyone who decides to dissect their stones can see that the concentric circles and crystals of cholesterol exactly match textbook pictures of gallstones. Such gallstones are from bile ducts.

People who have had their gallbladder removed surgically
still get plenty of green, bile coated stones.



Cure Yourself

The pictures on page 111-114 show gallstones, which people got out by doing liver cleanses. I did a total of 24 liver cleanses in four years and got over 4000 stones out (large, medium and small). Initially, I did one liver cleanse every alternate week. Now I do a liver cleanse once in six months and do not observe any restriction in my food habits.

The stones in the picture on page 111 were passed out during one cleanse. The one on the left is about 4.5 cm long and 2.5 cm wide.

No man is a good doctor who has never been sick himself.



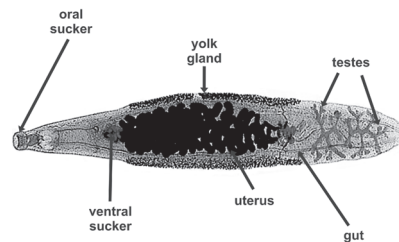
Allergies/Asthma

Allergies and asthma are due to a disabled liver, extreme allergies are due to an extremely disabled liver. This is the case for people suffering from an allergy of a particular thing or universal allergies, viz everything, like the lacquer on floors, plastic chairs, the neighbour's flowers and the grocery store.

They have more than merely clogged bile ducts. They have sheep liver fluke living in the bile ducts! A tip-off to this situation is allergy to wool and wool fat (lanolin). A few flukes might not be noticed but a liver full of flukes that spill over into the intestine can give the worst imaginable case of allergy. Sometimes the body manages to kill them with its own resources (perhaps you ate something too toxic even for them). However, more often than not, this is not the case.

Different parts of the liver have different detoxifying jobs. One part detoxifies plastics and solvents, another part detoxifies perfumes and another newsprint ink and so on. Foods have natural chemicals that need detoxification. By changing our food constantly, we avoid overburdening any one of our detoxifying mechanisms. This is probably the basis for wanting different food items at each meal and different meals each day. We somehow know when we are ready for the same food again.

Less extreme forms of allergy can be due to other flukes in the liver, such as the human liver fluke (*Clonorchis sinensis*) or simply just plain clogging with numerous cholesterol crystals. Anything that gets lodged in the bile duct obstructs the flow of bile. This



Allergies are due to a disabled liver, extreme allergies are due to an extremely disabled liver.



Cure Yourself

causes back pressure in that part of the liver, so it produces less bile. The bile duct system is a gigantic tree with lots of interconnecting branches. If you eat meat, you may have noticed how stringy liver can be when you buy it in the meat shop. These strings are bile ducts. When one is obstructed, others take over its job. However, when a whole section of the liver gets obstructed and it cannot detoxify a whole set of chemicals, you dare not get those chemicals into you again because they cause allergy.

An individual having an allergy problem of extreme levels takes approximately one tablet of cetirizine and/or any other antiallergic drugs daily. With the first liver cleanse, he/she is relieved of 50% of problems. The intensity and severity of the problems will also reduce by 50%. He/she will need the medicine on alternate days after the first cleanse. After the second cleanse, he/she will need the medicine every third day. After the third cleanse, he/she will need $\frac{1}{2}$ a tablet every alternate day. In most cases, the requirement of the antiallergic tablets will be almost over after the fourth liver cleanse (results may vary slightly from person to person). After the fourth cleanse, if about 10% of the problem persists, then the patient should do a parasite cleanse through Clarkia and zipper, followed by a fifth liver cleanse. The allergy problem will be over. After five proper liver cleanses, not only will the allergy problem be over but the patient will feel much better also. If he/she still has any medical problem left, then I welcome patients to speak to me personally. I might be able to provide a few more specific processes for a quantum jump in health.

The future of asthma patients is similar. You will be cured of asthma as well. You can endure indoor air again, sit on plastic chairs, read newspapers, eat seafood, breathe in polluted air without fear of allergy, wear nylon or woollen clothing and leather shoes without reaction. This sounds unbelievable but is true.

After five proper liver cleanses, not only will the allergy problem be over but the patient will feel much better also.



Frequently Asked Questions Liver Cleanse

Q.61	We are a group of 22 ladies in the age group 22-58 years. We are kitty party members and meet once every month. We have one or more of the following problems. Doctors say that these are normal ladies' problems. We have to live with them.	
	Adult acne	Inability to lose weight
	Age and liver spots	Insomnia
	Allergies	Irregular cycles
	Anger/irritability	Leg/muscle cramps
	Blood sugar imbalance	Lost interest in sex
	Bone loss	Low thyroid symptoms
	Breast tenderness	Menopausal problems
	Depression	Memory loss
	Dry ageing skin	Panic/weeping
	Facial hair	PMS/cramps
	Fatigue	Sciatica pain
	Feeling of being crazy	Spondylitis/arthritis
	Fibrocystic breast	Swollen ankle
	Foggy thinking	Swollen feet
	Hair loss	Uterine fibroids
	Headaches/migraines	Vaginal problems
	Hot/cold flushes	Water retention
A. 61	A lady fulfils multiple roles of wife, mother, professional, homemaker everyday, with seeming ease. However, since	

Specialist – One who knows more and more about less
and less until he knows everything about nothing.



Cure Yourself

	<p>her energy is primarily directed towards keeping the family happy and healthy, she often neglects her own needs. Disorders in women can range in severity from a minor disruption of the periodic menstrual cycle to life threatening malignancy. A back-breaking 10-12 hours routine can prove to be physically very exhausting.</p> <p>If you can do just one liver cleanse, then your opinion about the alleviation of your problems will change. With each subsequent cleanse you will improve further.</p>	
Q.62	We are a group of 10 gents with some of the following problems. Can you help?	
	Adult acne	Inability to lose weight
	Age and liver spots	Incontinence
	Allergies	Insomnia
	Anger/irritability	Lack of sex drive
	Blood sugar imbalance	Leg/muscle cramps
	Burning sensation during urination	Loss of memory
		Low blood sugar
	Depression	Low thyroid symptoms
	Diabetes	Lower back pain
	Dry ageing skin	Panic/weeping
	Enlarged prostate	Prostate problems
	Erectile dysfunction	Reduced muscular strength
	Fatigue	Sciatica
	Feeling of being crazy	Spondylitis
	Foggy thinking/memory	Swollen ankle
	Hair loss	Swollen feet
	Headaches/migraines	Water retention

If you can do just one liver cleanse, then your opinion about the alleviation of your problems will change. With each subsequent cleanse you will further improve.



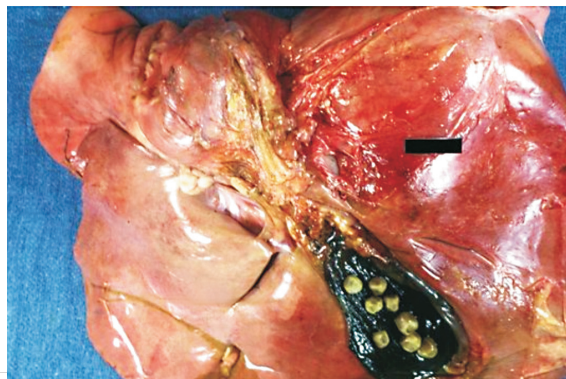
Gallbladder Stones



The diameter of the biggest stone is about 2.5 cm



Coins are shown for comparison of relative size of the stones



This gallbladder contains several gallstones of the mixed type-they contain both calcium bilirubinate and cholesterol.



Gallbladder Stones





Gallbladder Stones





Gallbladder Stones





A. 62	If you can do just one liver cleanse, then your opinion about the alleviation of your problems will change. With each subsequent cleanse you will improve further.
Q.63	Does raw extra virgin olive oil increase cholesterol?
A. 63	Never. This is the property of raw extra virgin olive oil.
Q.64	I am scared of drinking raw oil in such a large quantity.
A. 64	That is the only way to do liver cleanse. Do it now. Do not wait because you have a right to a better life.
Q 65	Which are the common brands of extra virgin olive oil?
A. 65	1. Laser (Spain) - Rs 480 per litre
	2. Figaro (Spain) - Rs 600 per litre
	3. La Pedriza(Spain) - Rs 480 per litre
	4. Daroliva - Rs 365 per 500 ml
	5. Mama Maria - Rs 250 per 250 ml
	6. Borges - Rs 780 per litre
	7. Filippo Berio - Rs 560 per litre
	8. Musa - Rs 480 per litre
Q.66	Can I use regular olive oil or plain virgin olive oil?
A. 66	No. Use only extra virgin olive oil (see page 219 - 220).
Q.67	What is so special about extra virgin olive oil?
A. 67	Extra virgin olive oil comes from the goodness of 100% carefully handpicked and cold pressed olives, within 24 hours of harvesting. The oil manufacturing process involves no heat, no chemical interaction, no solvents, no radiation and no microwaves, only pressure. High quality oils are obtained when the olives are crushed as quickly as possible, since any storage would trigger a fermentation process in the fruit, making the oil produced increasingly

In the 21st century, men are losing their fear of God
and acquiring a fear of microbes.



Cure Yourself

	acidic and undesirable in both, flavour and aroma. It contains no more than 0.8% acidity and is judged to have a superior taste. There can be no refined oil in extra virgin olive oil. The climate, soil, variety of olive tree and time of harvest account for the oil's flavour, smell and colour. Due to the time consuming process required to manufacture extra virgin olive oil and its limited production volume, true extra virgin olive oil is expensive. The flavour of extra virgin olive oil tends to break down at frying temperatures, so it is not heated. Its use does not increase cholesterol.
Q.68	How does oil enter the liver and cleanse it?
A. 68	Cleansing the liver is the property of the extra virgin olive oil. All patients get demonstrable positive results. We do not need any better proof.
Q.69	My neighbour told me that she is taking only 10 ml of extra virgin olive oil with lemon juice daily morning for the past two months for better liver health. Can I follow her?
A. 69	There are about eight liver cleanse recipes. She is following one of them. This is effective but it is like moving from Mumbai to Delhi in a bullock cart. Just ask her about the results of her liver cleanse. Now do it our (Hulda Clark) way and feel the difference in two days.
Q.70	Can the liver cleanse avert bypass?
A. 70	Definitely yes. Once the LDL (bad cholesterol) leaves your body, the chances of cardiac arrest/bypass are minimized. Visualize that a part of the LDL accumulated in your liver is cleared by the liver cleanse. It is an inherent property of blood to balance all its ingredients uniformly in the body. So it picks up accumulated cholesterol from comparatively high concentration areas, such as the coronary artery and brings it to the liver. Thus, arterial blockages are reduced

LDL (bad cholesterol) is cleared by the liver cleanse. It is an inherent property of blood to balance all its ingredients uniformly in the body. So it picks up accumulated cholesterol from...



	and you will, in all probability, avert the bypass procedure. In five liver cleanses, my LDL cholesterol was reduced from 154 mg/dL to 103 mg/dL. It is a commendable achievement by any standards.
Q. 71	I have eaten no fat food for the past 10 years. How can then I have any excess cholesterol in my body?
A. 71	In forests, all vegetarian animals eat fat free food. Primitive humans also ate only uncooked food, free of cholesterol. Fat is required by living beings for lubrication of body parts. Therefore the liver produces a limited quantity of fat and cholesterol from food for the body. Due to cooked food and environmental pollution, the LDL cholesterol so produced is sometimes in excess of the requirement. A liver cleanse helps such people.
Q.72	How can your liver cleanse treatment give improvement in diabetic patients?
A. 72	The food you eat supplies your body with sugar. Your liver synthesizes sugar from vegetables. Sometimes, the liver makes more sugar than the body needs, which causes the blood sugar levels to rise. In such patients of diabetes, considerable improvement happens after the liver cleanse. Also see page 97 (Liver and Diabetes).
Q. 73	I have high blood pressure. How can I take such heavy dosage of Epsom salt?
A. 73	If you are taking blood pressure regulating medicine, then Epsom salt cannot harm you. Even if you are not taking medicine, it will not harm you because it tends to lower the blood pressure.
Q. 74	I have low blood pressure. Can I take Epsom salt?
A. 74	If it is marginally low, then there is no problem. If it is

...comparatively high concentration areas, such as the coronary artery and brings it to the liver. Thus, arterial blockages are reduced and you will avert the bypass procedure.



Cure Yourself

	significantly lower, then you have to be careful. You may reduce the dosage of Epsom salt (effect of treatment will also be reduced).
Q. 75	I have ulcers in the stomach. Can I take Epsom salt?
A. 75	If the ulcers are small and few in number, then the liver cleanse will cause some bleeding. However, the advantage of doing the liver cleanse will be much more than the risk and little bleeding involved. If there are many and sizable ulcers, then talk to me before proceeding to do a liver cleanse. One solution could be to take green vegetable juices for a week three times-a-day, 200 ml each time, to improve the condition of the ulcers. You may also take Digene syrup or gel before taking the Epsom salt.
Q. 76	I am not OK with the taste of Epsom salt. Is there a substitute? Can I reduce the dosage?
A. 76	Our liver cleanse process uses Epsom salt (MgSO_4) for the opening of valves/capillaries in the liver, bile ducts and gallbladder so that even big stones may pass smoothly in greater quantity. A liver cleanse can happen without Epsom salt, using only extra virgin olive oil but the elimination of toxins will be only $\frac{1}{4}$ th of the normal quantity. Epsom salt improves the quality of the liver cleanse by four times. It may cause temporary discomfort for a few hours. Bear it. An alternative is magnesium citrate. You can also mix orange/ <i>mausambi</i> juice with Epsom salt but it hampers the quality of the liver cleanse. Finally, you are the best judge to decide about the choice, taking the full dose of Epsom salt for best results or substituting magnesium citrate, reducing the dosage or taking it with orange or <i>mausambi</i> juice, thus compromising on the quality of the liver cleanse. Some patients have even substituted Coke

Epsom salt improves the quality of the liver cleanse by four times. Substitutes hamper the quality of the liver cleanse. Decide for yourself!



	or Pepsi for Epsom salt. A few of them have also got some positive results.
Q.77	Can I use only Epsom salt as a laxative, in order to induce diarrhoea?
A. 77	Epsom salt must not be used as a laxative. There are better options available in the market. Epsom salt is used in the liver cleanse to dilate the bile duct and flush out more and bigger stones.
Q.78	Can I drink water or tea after 2 pm while doing liver cleanse?
A. 78	Water is alright. You may also drink tea but not much, since this adversely affects the cleanse process.
Q.79	What do I do, if vomiting occurs during drinking Epsom salt or extra virgin olive oil?
A. 79	Normally this should not happen. However, if it happens, it should be treated as a part of the cleansing process. Proceed with the cleansing process without changing anything. The residual medicine in the stomach will still yield results.
Q.80	After the liver cleanse, when can I start taking food?
A. 80	About one hour after the last dose of Epsom salt, i.e. about 11 am the following day. Start with light food and after three to four hours, a heavy meal is also alright. Your body will tell you the right time for food by giving you appropriate signals.
Q.81	Can I give this treatment to my 85 years-old sick mother?
A. 81	You can suggest this therapy to anybody but only after you have first tested it on yourself. Remember, in cleansing therapy you are your own doctor, so be prepared to help your patients as a doctor and set your own example.

In cleansing therapy you are your own doctor, so be prepared to help your patients as a doctor and set your own example.



Cure Yourself

Q.82	Can anybody and everybody do this liver cleanse?
A. 82	<p>Yes but liver cleanse should be done under the careful supervision of someone who has done a liver cleanse earlier, if</p> <ul style="list-style-type: none">• There is cancer of the liver• There is cirrhosis of the liver• There is tumour in the liver• You have had major surgery• You have recovered from a long ailment• You are elderly and in a weakened state• You have big ulcers in the stomach.
Q.83	Can pregnant ladies and lactating mothers safely do it?
A. 83	Yes, pregnant ladies and lactating mothers can safely do liver cleanse (except in advanced stages).
Q.84	Can children do liver cleanse?
A. 84	It is absolutely safe for children above 10 years. Younger children may do it under careful supervision. One eight year old boy has done it with proportionately reduced dosage and got good results. However, I do not advise liver cleanse for very young children (see page 212), very old patients and for certain ailments.
Q.85	Do real gallstones hurt badly, when they pass through the cystic and common bile ducts?
A. 85	No, my dear patient. They are extremely soft and they just never hurt. They pass out most smoothly. Most gallstones are not from the gallbladder but from bile ducts.
Q.86	Do gallstones sink in water?
A. 86	Most gallstones (around 80%) are made of cholesterol. They normally float, even if they are chaff. When they are calcified, they sink. If you had green diarrhoea in the

Listen to your body. It has music and rhythm. It conveys medical problems in a more accurate manner than any pathological test.



	morning, then your liver cleanse is successful. In all cases after cleanse, patients find good improvement irrespective of what they have passed.
Q.87	What is the difference between normal diarrhoea (caused by infection) and diarrhoea caused due to liver cleanse?
A. 87	Diarrhoea is a condition of excessive, frequent and loose bowel movements. Normal diarrhoea sometimes needs treatment whereas the diarrhoea caused by liver cleanse is automatically cured in four-six hours, without any medication. This will never be very excessive.
Q.88	What if I do not get any loose motions, even after taking all four doses of Epsom salt and the extra virgin olive oil as advised?
A. 88	There could be some constitutional difference in your body, e.g. you are on heavy allopathic medicines for long (five-ten) years. In such case, take a fifth dose of Epsom salt at 11.30 am (see A.90).
Q.89	If nothing happens still, then what do I do?
A. 89	I have not come across such a case so far. It will not happen. However, write all the facts of the case to me, along with your contact details and I shall talk to you personally. Do make sure that you have used extra virgin olive oil and not regular olive oil.
Q.90	I drink one litre water everyday morning. Otherwise, I do not get motions. I am constipated. My spouse takes Ayurvedic powder every morning to get motions. Should we take it on the liver cleanse day or avoid it for that particular day?
A. 90	I have no problems either way. Epsom salt is a laxative by itself, so it should serve the purpose. If you still feel the

A healthy individual needs to do kidney cleanse once a month, drink green juices twice a month, do liver cleanse once in six months and do joint cleanse (for arthritis) once in two years.



Cure Yourself

	need for one litre water, the usual Ayurvedic powder or any other medicine you can take it.
Q.91	How many times should a normal, healthy person do cleansing?
A. 91	Once you have properly cleansed your body after repeated attempts, i.e. you have passed no stones during the final cleanse, a healthy individual needs to do kidney cleanse once a month, drink green juices twice a month, do liver cleanse once in six months and do joint cleanse (for arthritis) once in two years. However, the schedule will vary from person to person, as per the propensity of that person to fall ill. If the person tries the therapy more than the recommended number of times, there are no any ill-effects, as with regular medication. On the contrary, you will only add to the beneficial effects already generated.
Q.92	I did four liver flushes but my ultrasound indicates no change in gallbladder stones.
A. 92	It is not possible. All patients report a significant reduction, as observed in ultrasound reports. You may try a different pathological laboratory. Ask yourself if you feel better after the liver cleanse. Try liver cleanse once again after doing a parasite cleanse.
Q.93	Is it possible to do a liver cleanse under careful medical supervision?
A. 93	If you trust me and read this book carefully, then no supervision is needed and you can do it on your own. However, if you have any apprehension, then there are the following persons for medical supervision: (a) Dr Manoj Kumar Pandey, B.Sc., B.A.M.S. (Kanpur Univ.), DNY (Pune Univ.) B. R. Clinic & Pathology, Keshav Kunj,

If you trust me and read this book carefully, then no supervision is needed to do a liver cleanse and you can do it on your own.



Near Mamta Press, Etawah-206001
(Etawah is 320 km from Delhi on way to Kanpur)
Tel.: 09412187070 (M), 05688-251771 (R)
e-mail: drpanday.2008@rediffmail.com
Dr Pandey visits Delhi every 15 days and stays with
Mr Arvind Shukla
E121, Gali No. 3/9, Hardeo Nagar
Jaroda Madra Burari, Delhi-110084
(see page 229 - 231)

- (b) Dr Soham Prakash Gupta,
M.Sc. (Zoology),
B.A.M.S. (Kanpur)
Mainpuri Railway Crossing,
Ved clinic, Etawah
Tel.: 09219696270 (M)
05688-691937 (R)



Both charge Rs 1,000/- for supervising the whole
procedure. This cost is inclusive of extra virgin olive
oil, Epsom salt, fruit juice and one night stay in their
hospitals.


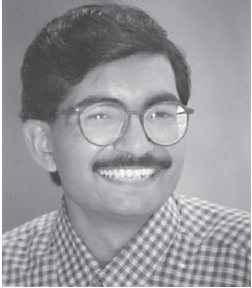
- (c) Dr Amit Mathur B.H.M.S.
Sanjeevani Homeopathic
Research Centre
Pikal Brothers building,
Near Salsar Stand
Idgah Road, Sikar-332001,
Rajasthan
(Sikar is 100 km from Jaipur on
Bikaner route)
Ph: 09460168736/09314412078
e-mail : sanjeevanihospitalsikar@gmail.com



For availability of ingredients, seek the guidance of
these people or those mentioned on page 200 to 235.



Cure Yourself

	<p>He charges Rs 1,000/- for the whole liver cleanse procedure including medicine and one night stay</p>
(d)	<p>Mrs. Archana Bhatnagar Dular Sansthan 120/129 Vijay Path, Agarwal Farm Mansarovar, Jaipur-302020 Ph: 0141-2780013/ 09413561793 Email: dular.sansthan@gmail.com</p> <p>Health counsellor Mr Banwari Lal Mathur Also available on mobile after 7.30 pm at 09414779863 Charges Rs 1,500/- for the whole liver cleanse procedure including medicine cost and a night stay.</p>  
(e)	<p>Dr Ramesh Jhaveri, M.D. (Alternative Medicine) Vaibhav Polyclinic, Opp. Irla Nursing Home, S. V. Road, Vile Parle (W), Mumbai-400056 Tel.: 022-26711873 (O), 022-26145158 (R), 09820834472 Website : www.drrameshjhaiveri.com e-mail: info@drrameshjhaiveri.com He advises about cleansing therapy. Consultation fee: Rs 1,000/- (see page 234).</p>

I learned a long time ago that minor surgery is
when they do the operation on someone else, not you.



	(f) Dr K. R. Ranjan N-3/75 A-8-9, Pragya Nagar, Sunderpur, Varanasi-221005 (charges Rs 1000/-) Ph: 09451361232/09335373552 (see page 229)
Q.94	Four members of our family did liver cleanse exactly in your way. Other three members passed out stones, whereas I passed out only green water. Is there anything wrong with me? I am having elevated energy levels.
A. 94	Everything is right for you too. You are feeling better. It is the result of liver cleanse. In your case, it might be that the stones were in the form of chaff or were too small and mixed with water. Do not worry.
Q.95	What if something goes wrong?
A. 95	People in USA and many other developed countries have been doing it since 1995. I have been practicing this therapy for more than five years. Thousands of patients have been benefited. Nothing has gone wrong so far. You need not worry about anything but diarrhoea for three-four hours.
Q.96	My doctor says that he has never read about your liver cleansing therapy in his course. What is your comment?
A. 96	When the doctor says "He cannot comment", you are scared. Just ask him, "What are the risks involved and the downside?", after seeing the ingredients. He may again offer no comments or say some diarrhoea, nausea etc. If he forbids you to do it, then remember that he is against it because he has not had an opportunity to experience this miraculous cure himself, whereas I am for it based on my personal experience. See response of patients on pages 200 to 235 and look for one in your neighbourhood. Talk to them or meet them. Science would be much better off if people maintain an attitude of open enquiry and test the

The miraculous side effect of new wonder drugs –
bankruptcy!



Cure Yourself

	observations of others before forming rigid opinions. Proceed with your liver cleanse. You are not bound to trust the opinions of those who have never tried it on themselves.
Q.97	If the liver cleanse is so effective and a genuine therapy with the potential to help a large number of people, how is it possible that it is not accepted by established medical practice?
A. 97	Doctors practice medicine as it is established by the standard of care. Breaching them is not acceptable to doctors. Also, these cheap, home-made therapies are not advertised by pharmaceutical companies because they do not generate high revenues for them. Still, today there is a phenomenal growth in the practice of all alternative therapies through word-of-mouth. You will observe this exponential growth in the next five years, spread through word of mouth by people who have done liver cleanse.
Q.98	Your therapy does not seem to have any scientific studies backing the promised results. How can you convince me that this is not quackery and is a genuine therapy?
A. 98	Most alternative therapies do not have the luxury of having money spent on them by way of scientific research. We are wasting health and time, if we wait for professors and universities to come up with scientific backing for these procedures, which are inexpensive and easy to follow and hence, are of no interest to vested interests that deal in crores of rupees. Instead, I would suggest trusting your instincts and getting some basic knowledge of anatomy, chemistry, mechanics, physics and physiology and then applying some logic and common sense, combined with a will and desire to understand. Take action now!
Q.99	But why should I believe in liver flush? Why should I waste

Hands that serve humanity are better
than the lips that talk of divinity.



	my precious weekend? Is it possible that drinking extra virgin olive oil could turn out to be a sick joke?
A. 99	You are right. At least, you are frank. It will not sound like a sick joke. Actually, most successful therapies sound quite scary. To mention, there are a few such therapies; e.g. acupressure, amalgam replacement, ayurveda, bowel cleanse, colonics, enema, kidney cleansing, ozone therapy, pranayam, reiki, yoga etc. I agree that pills are more exciting but the problem with them is that these exciting pills do not deliver 1/10 th of the results delivered by one liver cleanse; sometimes they do more harm than good.
Q.100	How does liver cleanse work?
A. 100	Honestly I do not know. I also do not know how living beings grow. All the processes from conception till delivery have still not been clearly understood even with our modern techniques. How a single cell grows into a child bearing the characteristics of the parents with each organ of the body in perfect shape – I have no answer to this question either. However, you know that this is a fact of life.
Q.101	I am too busy to do a cleanse. Can you help me to find time from my choc-a-bloc schedule?
A. 101	It is a known fact that 80% of your achievements and revenues come from 20% effort. To begin with compromise on the effort for the remaining 20% achievements generating 80% surplus time. Utilise that for cleansing therapy. Soon your efficiency will improve and you will have 120% achievement/revenue coming from 40% effort.
Q.102	Who did the first liver cleanse?
A. 102	I do not now exactly but somewhere I remember to have read that in 1980s somewhere in USA, an 85 year old lady

Honestly, I do not know how liver cleanse works. I also do not know how living beings grow and a single cell transforms into a perfect life with all organs performing their specific functions.



Cure Yourself

was suffering from many problems. She could not stand. She had not taken food for three days and suffered from total constipation. She was confident that she would not live until the next morning. One of her friends advised her to take extra virgin olive oil as a grandma recipe. She took 400 ml of extra virgin olive oil at 11 pm and went to bed with no hopes. Around 2 am onwards, she started going to the toilet and visited it five to six times until 6 am. In the morning, she observed that she was feeling much better for all her problems. The rest is history.

Today's liver cleanse process is the result of continuous research in the past two decades on the basis of feedback from people like you.



Joint

Arthritis

I have already discussed kidney cleanse, the value of acidic and alkaline ions in food, parasite cleanse and liver cleanse. Excess acidic chemicals, which are left over or formed in the body, have to be thrown out by the body but many times, this does not happen fully.

One of the worst effects of the accumulation of acidic chemicals at the wrong places, e.g. joints, is arthritis and rheumatism. Arthritis means the painful inflammation and accompanying stiffness of joints. It is a condition of the joints. When acidic chemicals increase, they lead to symptoms such as swelling and pain which are the hallmarks of joint disorders such as osteoarthritis (degenerative disease, characterized by morning stiffness, comes with aging), rheumatoid arthritis (autoimmune and chronic multisystem disease), gouty arthritis and fibromyalgia (when there is pain but no apparent cause). The underlying cause in all types and primarily in gouty arthritis is too much uric acid in the body. Some types of arthritis are also caused by a disorder of the immune system. Acidic elements are ingested over the years, by way of food that we eat and liquids that we drink. When excessive acid is left over in the body, it may eventually deposit itself in various places like between the joints, on the bones or in the muscles. Environmental pollution also adversely affects joints.

Once the equilibrium of acid and alkali in the body goes beyond the tolerance ratio of the body, the ciliary action of various glands and even the heart are affected. Various pains occur, as diverse parts are either not getting their dues or are working beyond their capacity to help the other functionaries. Spine is very often affected, resulting in spondylitis and causing misalignment of the vertebrae. Every area

I wish that you get transformed into a joyful,
agile and healthy person from a nervous,
irritable and depressed patient of arthritis.



Cure Yourself

of the body is controlled by the nerves that run down the spinal column. Vertebrae fused by deposits of acid will invariably affect the part of the body that is controlled by the nerves lying within the affected area. In essence, all different areas of the body which are affected by deposits of acid are linked to the cervical, lumbar or dorsal vertebrae.

When the unfortunate deposit is in the muscles, the effect is muscular rheumatism. This is due to the tension in the muscles attached to the damaged joints. Both arthritis and rheumatism are extremely painful conditions. Arthritis and rheumatism are not caused due to the presence of any foreign body in the system, as is the case with many illnesses but are rather an effect of unintentional wrong eating and drinking habits, besides being hereditary in some cases. Arthritis is not caused by an infection commonly. Arthritis is common over the age of 40 years, although it can occur earlier. It is three times more common in females than in males. It may run in some families (hereditary) and children can also become sufferers.

Synovial Fluid

Nature had adopted lubrication, much before we had even thought of frictional movement. Every joint in the body is covered by a synovial membrane, which secretes synovial fluid. It is a thick, oily fluid found in the cavities of synovial joints that enables the joints to move freely, one on the other. With its egg-like consistency (synovial comes from Latin for egg), synovial fluid reduces friction between the articular cartilage and other tissues in joints to cushion them during movement. It is the shock absorber of the joints.

When toxins collect in the synovial fluid between the joints, the synovial membrane is worn out by continuous movement on the hard surfaces. This compromises the normal function of the fluid, leading to pain during limb movement. Joints can also get locked.

Nature had adopted lubrication through synovial fluid,
much before we even thought of frictional movement.



How Is Arthritis Caused?

Refer to the pictures given on page 147, for the location of pain in the joints.

Arthritis is characterized by an inflammation of the joints. The joint fluid in these patients has a high concentration of toxic chemicals, which cause pain. Arthritis is the effect of an excess of uric acid in the body. This imbalance is created by a lack of the required nutrients in our daily diet necessary for neutralizing the acid.

Arthritis attacks the bony structure of the body and the reason for this is very simple to understand. Arthritis is caused by the build up of acids in the body, derived from years of faulty diet. Such excess acid deposits have affinity with organic lime, which is a prominent constituent of the bony material. Hence, it gets deposited there. Lime is an alkaline substance. Due to attraction of opposites, the acids in the body are inevitably drawn to this alkaline substance for mutual neutralization. The result of this process is an inflammation, a condition that causes the joints to swell and become extremely tender and painful. Invariably, an affected joint feels stiff and becomes locked. Deformity then occurs, due to the erosive condition of the bones, which is caused by acid impurities. The joint is now rendered incapable of performing its natural action. As a matter of interest, the lower parts of the body almost always seem to be the worst affected by chronic arthritis. This is because these lower parts bear the weight of the body and blood circulation is not as active in the lower regions. It is uric acid, which is deposited in the joints and muscles that causes arthritis and gout. Depression, which frequently afflicts the sufferers of this disease, aggravates the pain.

Rheumatoid arthritis is systemic, i.e. once it appears in any one joint, it gradually spreads to other joints as well.

Arthritis is normally caused by the accumulation of acids at the joints.



Cure Yourself

Aggravating Factors of Arthritis

Most common foods of the majority of people include refined sugar, white bread, refined cereals, cooked food and they all leave a residue of toxic acids in the body. Natural alkaline mineral salts, which are essential to the neutralization of the acids, are destroyed in modern techniques and over-cooking. Acids thus gain over and soon pile up in the system. Eventually, the acid deposits in the joints or the bones and the muscles gain ground and the person is faced with a condition which can form the basis of many diseases in the body.

Arthritis, as indicated above, follows from wrong food and as corollary, can be handled and cured upto a certain limit, by proper food intake. Proper management of eating habits will help in dissolving the acid deposits and alleviate the pain. One does not need to be rich to eat for good health. In fact, rich food may be for the rich but it is ordinary food that is healthier. Fresh vegetables and fruits are still relatively cheap and easy to obtain, as are milk, chicken and fish, which provide sufficient protein for a healthy diet.

Dealing With Arthritis

- a) Adopt a method of treatment and a way of life that will eliminate toxic acids from the body.
- b) Be cheerful and optimistic.
- c) Develop a positive attitude.
- d) Get ready to remove the uric acid, acidic chemicals and all signs of arthritis from the body.
- e) Try to include in your diet, nutrients necessary to neutralize the acids in the body and prevent further intake of acidic foods.

Do joint cleanse after kidney cleanse, acidity cleanse, parasite cleanse and liver cleanse for better results.



Joint Cleanse

Process

1. In the morning, dissolve a teaspoon (five ml) of honey in about 100 ml of lukewarm water; add to it a dessert spoon (15 ml) of apple cider vinegar. This mixture should be taken thrice daily. For the average built person of 75 kg a daily intake of 45 ml (15 ml x 3 = 45 ml) vinegar is recommended. Do not worry about nausea or vomiting, if it occurs. Do not take a lower dose. However, if your weight is lower, then reduce it proportionately. The quantity of cider vinegar in blood should be sufficient to dissolve the uric acid from joints in six weeks treatment.
2. Take one teaspoon of black molasses, three times-a-day.
3. Take three Epsom salt baths every week.
4. Take a full range of alkaline food that is rich in vitamins, minerals and protein, which might help to burn the acids that have already accumulated in the body.
5. Try to work the joints gently by walking in fresh air. If that is not possible, even slow movement on crutches in a well ventilated room will help. Begin with efforts to move fingers and ultimately move the limbs.
6. On a three times-a-day basis, drink 200 ml per dose of green vegetable juice made from a large handful of spinach, a large handful of parsley, five carrots with tops, three radishes. Start treatment with whatever ingredients you get. Avoid any vegetable if it does not suit your metabolism.

Take this treatment for six weeks.

When acidic chemicals present in the joints leave the body through vinegar ➔ blood ➔ urine, pain will also leave the body in the same ratio.

When acidic chemicals present in the joints leave the body through vinegar ➔ blood ➔ urine, pain will also leave the body in the same ratio.



Cure Yourself

Explanation of the Process

Apple Cider Vinegar is made from mature cider apples and is a rich source of minerals, organic matter and acetic acid. Take 10 -15 ml of vinegar in water three times-a-day with or without honey for six weeks. The hard acid deposits connected with arthritis are very similar in substance to the shell of an egg. Apple cider vinegar has the power to dissolve those acid deposits, so they pass out naturally via urine. Try this yourself - place an egg, complete with shell, in a jar or glass. Cover the egg with 'neat' apple cider vinegar and in two days, the shell will have completely dissolved, leaving just the contents in a thin, rubbery membrane. (Curing Arthritis - The Drug-Free Way by Margaret Hills, SRN, Sheldon Press, 36 Causton Street, London SW1P 3ST). You may contact Priya Patankar (see page 82) to get a copy of this book.

When apple cider vinegar is taken, it is absorbed through the gastrointestinal system and it achieves adequate concentration in the blood. This blood which is also carried to the inflamed (painful) joints, carries the vinegar to the joints for a 'local targeted' action. Now under the influence of the cider vinegar, the acids or toxins are detoxified and are removed. They are now excreted through urine.

Arthritics are often overweight, due to the inactivity forced upon them. Their joints are so painful on movement that the natural reaction is to minimize the pain by keeping still. This makes them overweight. Apple cider vinegar is a natural diuretic and thus acts to some extent as a slimming agent.

Many arthritics also suffer from high blood pressure, angina or some form of circulatory disease. Apple cider vinegar helps them all as a blood normalizer. If the blood pressure is high, cider vinegar will bring it down partially. If blood pressure is low, it will raise the blood pressure partially.

Apple cider vinegar is a natural diuretic and thus acts to some extent as a slimming agent.



Joint Cleanse

Sometimes ridges appear on the nails, due to a lack of calcium salts in the tissues. This deficiency can also effect the bones, teeth and hair. Cider vinegar encourages the body to make more effective use of the calcium derived from food. For normal people, two teaspoons of cider vinegar taken three times-a-day may even act as a preventive measure for arthritis, as also other disorders likely to come up due to lack of calcium assimilation.

Sometimes in the first-second week of treatment, the pain grows. The pain may be slightly stronger than before and/or it may spread all over the body. The reason is easy to understand. The patients blood has been saturated with cider vinegar, which has set to work on those acid deposits, churning them up and dissolving them away. This process may cause some pain and patients may be forgiven for thinking that the treatment is doing more harm than good. Unfortunately some patients give up treatment at this stage, thus losing its value – when it has started taking effect. When the sufferer experiences this reaction, she should think, “It is the treatment working for me; in a week or two, the pain will go away and I shall get better”.

Honey comes from bees. It is packed with natural vitamins, minerals and traces of many elements. The drawback is that honey is also rich in glucose and fructose, which though in pre-digested form, are still a red alert for diabetics. Honey varies in its composition, along with a change of source flowers and the bees that collect it.

Honey contains among other ingredients:

Acids, amino acids	Lime	Potassium
Calcium	Magnesium	Proteins
Chlorine	Manganese	Silica
Copper	Nitrogen	Sodium
Dextrine	Phosphorus	Sulphur
Iron	Pollen	

The longer one has had arthritis, the longer it will be before any noticeable results are obtained.



Cure Yourself

The trace elements given above are essential for the activation and action of enzymes. These enzymes are chemical substances which play multiple roles in the body. They mediate the action of different cells in the body, aid in digestion and also aid in nerve and muscle functions, amongst other activities.

Darker coloured honeys are shown to contain more iron and are more beneficial to arthritics, as they generally suffer from iron deficiency. Many have been taking drugs which have drained the body of iron. Lack of iron in the body can lead to all kinds of blood disorders, especially anaemia. Honey helps them.

Most of the B complex range of vitamins can be found in honey and they act on the nerves. Most arthritics are in a highly nervous state. They feel pain very acutely, have sleepless nights and become very depressed. Honey is a highly beneficial food for the tired, nervous and highly strung arthritis sufferer. Overweight patients and diabetic patients should take honey with care. Others may use it in large amounts, usually upto 15 ml to be taken three times-a-day. Honey is a source of Vitamin C and heals ulcers and burns. It is a natural disinfectant and hardly anyone is allergic to it.

I have prescribed honey, so that the body gets trace minerals in their predigested form for quick absorption.

Black Molasses are made from raw unsulphured cane sugar. It is a black substance, packed with nutrients and may be taken at any time when it is convenient. For therapeutic use, I usually recommend one teaspoon, taken three times-a-day. Molasses may be taken undiluted but if so taken, should be followed immediately by a drink of warm water, as it has a tendency to discolour teeth. I found one teaspoon of molasses dissolved in 100 ml of warm water to be right for most patients. Taken like this, it is easily assimilated, more digestible and it will not stain teeth. Those with delicate stomachs,

If good health is worth having, then it is worth fighting for.
Inability to cure indicates that the efforts were not enough.



Joint Cleanse

who may find that a teaspoonful is too much at one time, may take it in smaller, more frequent doses. Molasses is a wonderful blood cleanser for arthritics. Like honey, molasses is also a marvellous external and internal healer. Arthritics are prone to suffering from stomach ulcers, diverticulitis and similar conditions, caused by acids eating away at the stomach and colon walls. Black molasses offers them relief. For external growths, boils, sore and cuts, molasses applied with a little water and applied as a poultice is a wonderful, natural ointment. Black molasses is also a laxative.

Molasses is a rich source of iron and can alleviate that tired feeling from which so many patients suffer. It is a rich source of vitamin B complex which acts on the nerves, relieving spells of deep depression, bouts of painful neuralgia and debilitating attacks of cold and influenza. Molasses also contains copper and magnesium, phosphoric acid and potassium. Anxiety uses up potassium salts in the blood and tissues and can produce a relapse in the treatment of arthritis. Black molasses helps in the treatment of skin disease, e.g. dermatitis, eczema and psoriasis. Very often, patients face a loss of muscle tone due to lack of essential mineral salts in the body. Molasses proves most valuable in these cases, as its salt content helps to reestablish muscle tone.

Black molasses is not commercially produced in India. It is a product available near sugarcane factories during crushing season. This is their waste product while making jaggery (*gur*). This can be used but it cannot be kept for long. For preserved black molasses, see page 18 and 148.

Epsom Salt Bath

Our skin is broadly speaking, a permeable membrane. It provides an excellent medium for the elimination of acid. Use Epsom salt as a drawing agent of toxins that have accumulated between joints.

For external growths, boils, sore and cuts, black molasses applied with a little water and applied as a poultice is a wonderful, natural ointment.



Cure Yourself

Epsom salt can be obtained from chemists. It is also used for constipated cattle and hence it is available with pharmacies which sell veterinary medicine. Epsom salt ($\frac{1}{2}$ kg - cost Rs 50) should be dissolved in a bathtub containing warm water, the temperature being at the tolerance level (patients suffering from angina, high blood pressure etc should avoid water that is too hot). Do not add soap or bath cubes, salts or oils as the alkalinity of these products will fight the acidity of the Epsom salt, thereby minimising its effects. The temperature of water may be maintained at a more or less constant level by the supply of fresh hot water. Exercise the joints within the limits of tolerance. Beginning with the toes, move every joint till the neck is reached. The movement makes the deposits in joints get loose and the Epsom salt draws out the poisonous acids. The heat of the water will open the pores of the skin, enabling the Epsom salt to draw out the toxins. After a bath of about five-ten minutes, dry yourself with a towel and if the weather permits, try to sleep in blankets so as to keep yourself warm and sweating. The object of this is to keep the pores of the skin open all night, to encourage the elimination of acids through sweating. Patients may find that sleeping between blankets will help to absorb the sweat. This bath is a wonderful relaxer and pain-reliever. You will sleep well. Take a bath when you get up to wash away the accumulated acids. After the bath, you may feel some weakness and lethargy. That will go away in one-two hours. After Epsom salt bath, the body must not be exposed to cold or draughts. This could lead to tension in the nerves and muscles, thereby causing temporary pain. Keeping the body warm is most important, as it will prolong the period of elimination.

The use of a tub is not feasible for everyone, nor is it easy for some arthritics to get into a tub. For them, the following method may be adopted.

After Epsom salt bath, the body must not be exposed to cold or draughts. This could lead to tension in the nerves and muscles, thereby causing temporary pain.



Joint Cleanse

Heat water in an ordinary kitchen bowl to a temperature one can tolerate. Add to it, a cupful of Epsom salt and soak your feet in this solution for 10 - 15 minutes, rubbing them gently at the same time. Afterwards, remove the feet from the solution, dry them and keep them covered. Then soak the hands in the same way. Hot water may be added to the mixture from time to time, to keep the temperature at the desired limit. After 10 - 15 minutes, remove and dry them and keep them covered for some time, so as to retain the warmth and make them sweat. The whole process may be repeated twice daily - with some variation of the frequency and soaking time, according to individual requirement and tolerance levels. A similar option, which is also effective is to wrap hot wet towels, for five-ten minutes around each joint, either one at a time or concurrently, by using many towels, to work as a poultice. They should be soaked in Epsom salt. The objective is to open the pores.

There are many patients, who suffered from severe arthritis for many years and now after taking the treatment, have not only regained the free movement of their joints but gone on to become good badminton players.

There are many patients, who suffered from severe arthritis for years and now after taking the treatment, have gone on to become good badminton players.



Frequently Asked Questions Joint Cleanse

Q.111	Does this cleansing therapy cure all types of arthritis?
A. 111	I feel that arthritis is a difficult ailment but at least one major cause of every type of arthritis is the accumulation of toxins in the joints of the body. Do a kidney cleanse, parasite cleanse, then take green vegetable juices for a week, followed by a liver cleanse. Afterwards, start the arthritis treatment and continue for six weeks. I aim for about 50% reduction in pain levels on a permanent basis, in all arthritis patients who complete this course.
Q.112	Why should we stop treatment after six weeks? Can we continue with this?
A. 112	After this period, the incremental benefits of continued treatment are likely to be marginal. Second, I want you to lead a medicine free life. However, if you feel better with continued treatment, you may persist. It does not cause any harm.
Q.113	Are there any restrictions on food during the treatment?
A. 113	Eating less of acidic food and more of green vegetables and their juices helps in the elimination of toxins.
Q.114	Why do you suggest for kidney cleanse, acidity cleanse, parasite cleanse and liver cleanse for arthritic patients?
A. 114	The cleansed body gives a much better response in the process of expelling the accumulated acidic toxins from the joints. It is a difficult task to cleanse joints. Hence, I advise you to take support from all the other four cleanses also.

I want you to lead a medicine free life. However, if you feel better with continued treatment, you may continue.



Q.115	Is there any benefit in the case of spondylitis, gout, joint pains?
A. 115	Yes, in the same way as in the case of arthritis.
Q.116	I do not have much pain. I am sure I do not have arthritis. Can I still take this treatment?
A. 116	You should still take the treatment. After doing it for six weeks, you will definitely notice a difference. Your joints will move more freely. Second, apple cider vinegar is good for weight loss and lustre of skin. I took this treatment three years ago. Till now, I feel no need to repeat this.
Q.117	Which are the different brands of apple cider vinegar?
A. 117	There are three-four brands of apple cider vinegar but two are commonly available in India: American Garden vinegar of USA (cost Rs 250/- for one litre bottle, Rs 180/- for 500 ml) and Heinz vinegar of USA or UK, costing the same. All give similar effect. A patient needs about two bottles of one litre each.
Q.118	Should we take apple cider vinegar on an empty stomach or after food?
A. 118	Initially, take it after food and observe the effects. After a week, take it on an empty stomach for best results. Empty stomach is the state when the system has digested all the ingested food. In the morning, the stomach is empty because everything has been digested during the night. If the breakfast consists of only fruits and a glass of milk, then it is completely digested in 45 minutes. So we confirm that after such light breakfast, you have an empty stomach after 45 minutes. If you eat fried mutton or deep fried paneer that take around six hours or more to get digested, then you have an empty stomach after that period and so on.

If the breakfast is only fruits and a glass of milk, then it is completely digested in 45 minutes. You have an empty stomach after that period and so on.



Cure Yourself

Q.119	Can I use any type of honey?
A. 119	Honey has a limited role in the treatment of arthritis. You can use any type. Apple cider vinegar is the main ingredient that is used in the treatment.
Q.120	Where do we get apple cider vinegar and black molasses?
A. 120	Please refer to A.16, page 23.
Q.121	Can the use of zapper increase the pain if it is used near the joints?
A. 121	No. If at all the pain increases then it will be very temporary and the patient will get good benefit in the long run.
Q.122	I took apple cider vinegar for a week. However, it has increased my pain. Should I stop it?
A. 122	Do not stop the treatment unless the pain becomes unbearable. The increase in pain level is because your blood has become saturated with the apple cider vinegar, which has set to work on all those acid deposits, churning them up and dissolving them away. This process will inevitably cause some pain. So rest assured that the treatment is working for you. You may take some painkiller for immediate relief. If you wish, you may stop the treatment for a week and restart subsequently.
Q.123	We, patients of arthritis, have been taught the familiar refrain - "You have arthritis and must learn to live with it." How can you talk about cure in such a difficult scenario?
A. 123	You do not have to mutely bear anything. Even if you have a difficult ailment such as arthritis, gear yourself up to fight it and win. Remember, the war is not lost until you stop trying. More so, 'You have arthritis and you must learn to live with it' is the final opinion of your doctor and his therapy. You have a right to differ with his opinion and try this

"You have arthritis and you must learn to live with it" is the final opinion of your doctor and his therapy. You have a right to differ with him and try this therapy for your benefit.



Joint Cleanse

	cleansing therapy for your benefit.
Q.124	I took your treatment and my bone condition has improved (osteoarthritis has been alleviated). My joints pain has reduced to half. My calcium levels have improved, my hair has gained lustre, my skin has better tone. Is this due to the apple cider vinegar?
A. 124	Yes, it is the effect of using of apple cider vinegar and black molasses. If you have systematically undertaken all the five cleanses, write to me and I shall discuss with you the further course of action for more improvement.

Your war with pain is not lost until you stop trying.
You do not have to mutely bear anything.
Gear yourself up to fight it and win.





Other Body Parts Cleansing

Solid and Hollow Organs

Internal organs can be classified into solid organs (heart, kidney, liver, lungs, pancreas and spleen) and hollow organs (gallbladder, large intestine, small intestine, stomach and urinary bladder). Solid organs are responsible for the creation of energy and blood. Hollow organs carry out the function of transportation of food and the elimination of metabolic waste. See the list below of solid and hollow organs:

Solid Organs	Corresponding Hollow Organs
Heart	Small intestine
Kidney	Urinary bladder
Liver	Gallbladder
Lungs	Large intestine
Pancreas/Spleen	Stomach

To further improve functioning of our body parts the following are encouraged:

- Brain cleanse
- Eye cleanse
- Heart cleanse
- Intestine (bowel) cleanse
- Lung cleanse
- Pancreas cleanse
- Spleen cleanse
- Tooth cleanse

Solid organs are responsible for creation of energy and blood.
Hollow organs are responsible for the transportation of
food and the elimination of metabolic waste.

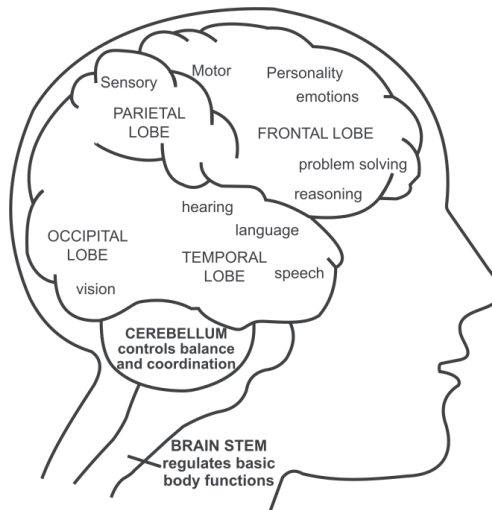


Other Body Parts Cleansing

I avoid recommending any treatment unless I have experimented on myself. However, I decided to write these few pages just to keep readers informed that even after the five cleanses proposed by me, there is scope for further improvement. I may be able to experiment on these in future, so their details may be incorporated in the next edition of my book. In the meantime, you may surf the internet and do these cleansings in your own way.

Brain

The frontal lobes have been found to play a part in impulse control, judgment, language production, working memory, motor function, sexual behaviour, socialization, problem solving initiation, facial movement, planning abilities, coordinating, and motivation. The frontal lobes assist in planning, coordinating, controlling, and executing behaviour. People who have damaged frontal lobes may experience problems with these aspects of cognitive function, being at times impulsive; having impaired ability to plan and execute complex sequence of actions.



Even after the five cleanses proposed by me,
there is scope for further improvement.
I may be able to experiment on these in future.



Cure Yourself

Problems of Brain

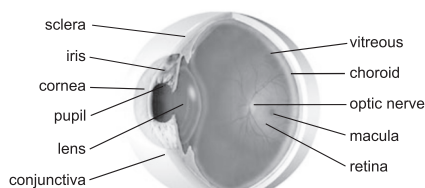
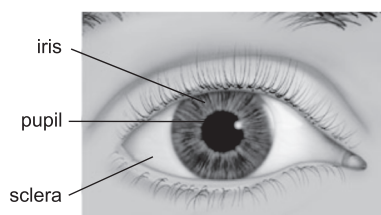
Cerebral palsy, coma, meningitis, migraine headaches, multiple sclerosis, paralysis, Parkinson's disease, polio and stroke are all diseases and conditions that affect the brain.

Brain Cleanse

See eye cleanse.

Eye

Your eye is your window to the world. An eye works with the brain to provide us with vision. The round shape of the eye is maintained by the pressure of the aqueous humour. The aqueous humour is the fluid that fills the front chamber of the eye.

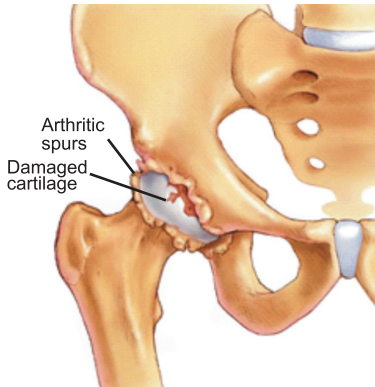


When you look at an object, light rays are reflected from the object to the cornea, which is where the miracle begins. The light rays are bent, refracted and focused by the cornea, lens, and vitreous. The job of the lens is to make sure the rays come to a sharp focus on the retina. The resulting image on the retina is upside-down. Here at the retina, the light rays are converted to electrical impulses which are then transmitted through the optic nerve, to the brain, where the image is translated and perceived in an upright position.

Today's medical problems are the result of the yesterday's short sighted solutions of popping pills.

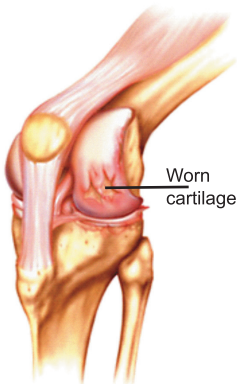
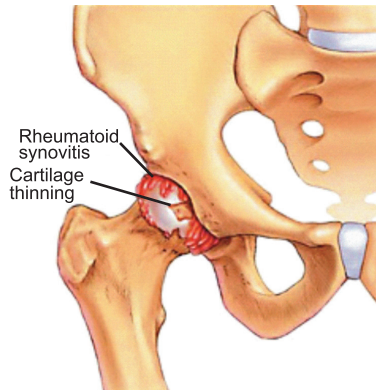
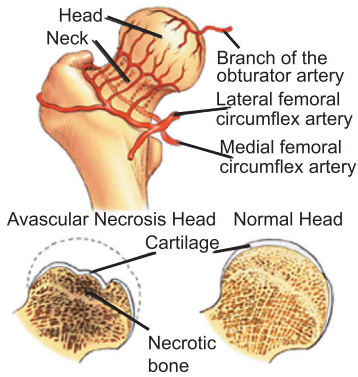


Arthritis - The Problem

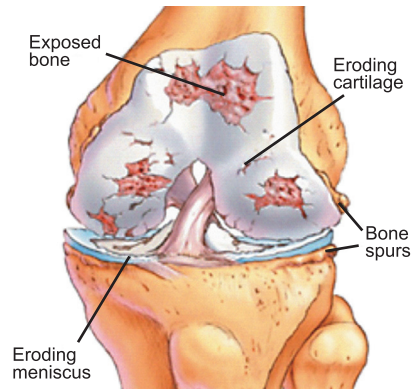


Advanced Osteoarthritis

Blood Supply to Head and Neck of Femur



Arthritic knee joint surfaces

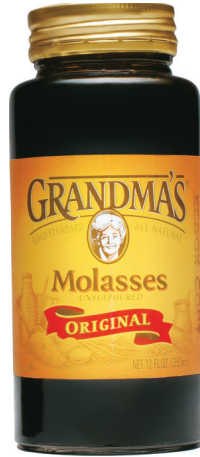




Arthritis - The Solution



Apple Cider Vinegar



Black Molasses



Curing Arthritis
The Drug Free Way



Epsom Salt



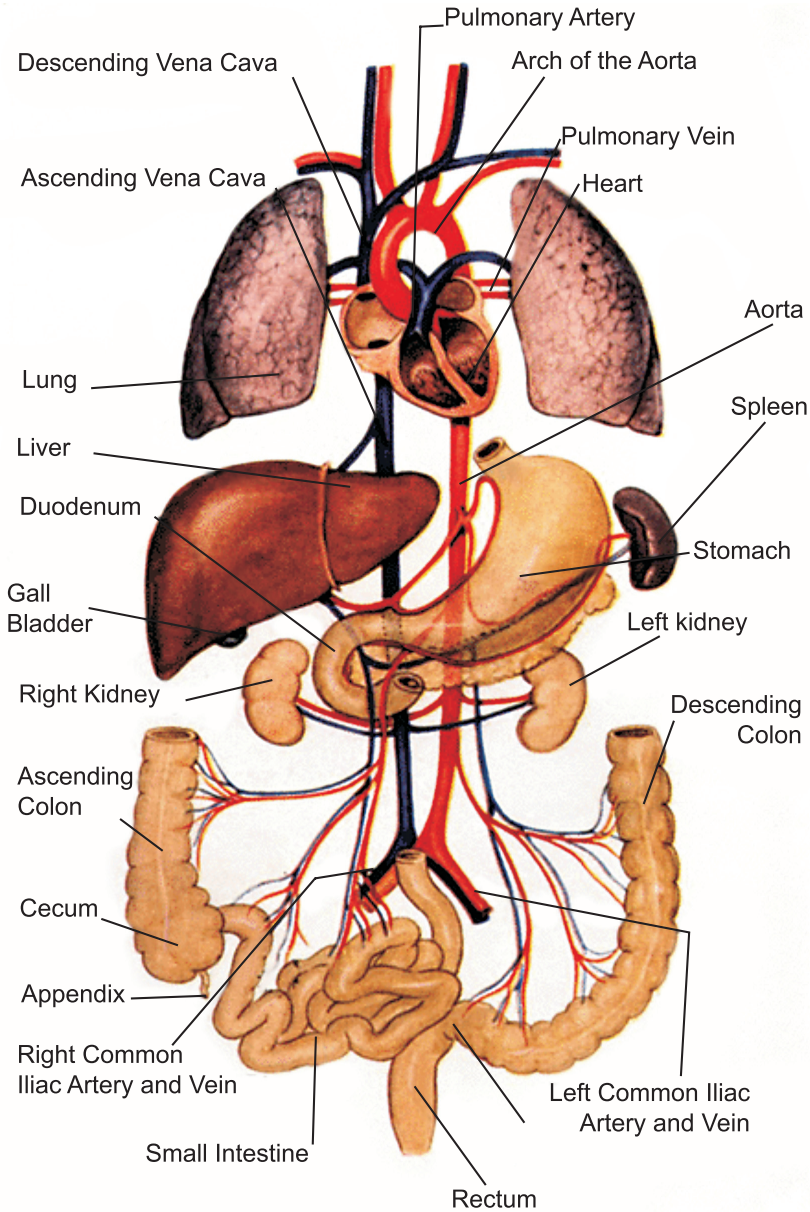
Poultice

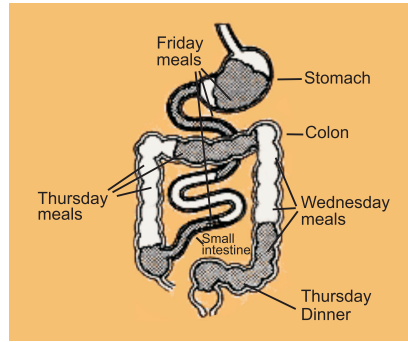
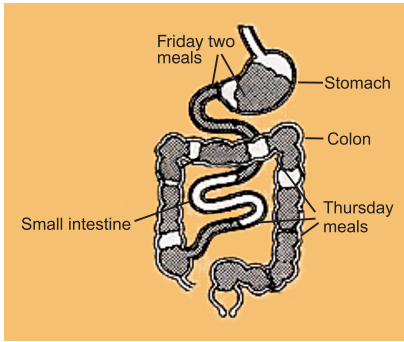


Bathtub



Common Internal Organs

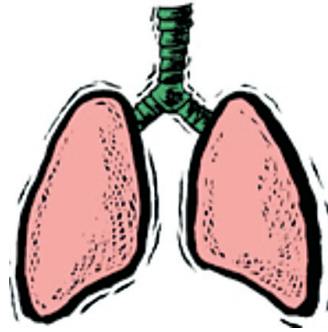




Intestines



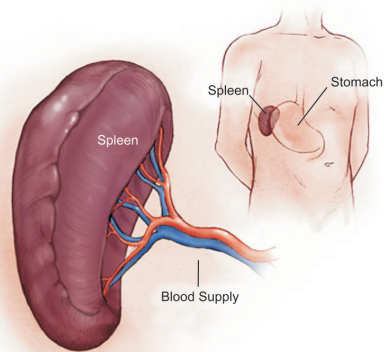
Heart



Lungs



Pancreas



Spleen



Problems of Eye

Diabetic Retinopathy

It is caused by changes in the blood vessels of the retina. In some patients, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina.

Retinitis Pigmentosa

Retinitis pigmentosa (RP) is the name given to a group of inherited eye diseases that affect the retina. *Retinitis pigmentosa* causes the degeneration of photoreceptor cells in the retina. Photoreceptor cells capture and process light helping us to see. As these cells degenerate and die, patients experience progressive vision loss.

Macular Degeneration

Age related macular degeneration, ARMD or macular degeneration is a leading cause of vision loss at the age of 60 years and older. It is a disease that destroys your sharp, central vision.

Glaucoma

Glaucoma is a disease caused by increased intraocular pressure (IOP) resulting either from a malformation or malfunction of the eye's drainage structures. Left untreated, an elevated IOP causes irreversible damage the optic nerve and retinal fibres resulting in a progressive, permanent loss of vision.

Retinal Detachment

A retinal detachment is a serious and sight threatening event, occurring when the retina becomes separated from its underlying supportive tissue. The retina cannot function when these layers are detached and unless it is reattached soon, permanent vision loss may result.

Patients take medicine only as a last alternative.
They want to get rid of it at the first opportunity.



Cure Yourself

Myopic Degeneration

Patients with degenerative myopia typically complain of decreased vision, headaches, and sensitivity to light. If retinal degeneration or detachment is present, patients may also report light flashes and floaters, which are associated with retina changes. Progressive myopia causes degeneration of retina and retinal detachment.

Many other eye problems like myopia, hypermetropia, astigmatism, *hyperacmia retinae*, *retinitis simplex*, dazzling of retina, *retinitis leukaemia*, *retinitis haemorrhagia*, *retinitis apoplastice*, *retinitis syphilitica*, anaemia of retinae, embolus of the centralise retina, hyperaesthesia of retina, *commotio retinae*, myopic degeneration, glioma of retinae are benefited by these cleanse. Besides these, many other ear and nose problems too are helped with the following cleanse.

Brain, Ear, Eye and Nose Cleanse

From among the 'ashtangas', the eight 'angas' (part) dealt by the ayurveda, *urdhwanga chikitsa* is most important, since it deals with eye, ear, nose, face and head. 'Uthamanga' (prime part) of human body is said to be the head. *Shreedhareeyam* is an ayurvedic eye hospital and research centre. It is situated at Koothattukulam, in Ernakulam Distt. Pin 686662, 45 km from Cochin in Kerala. This hospital practices treatment which includes cleansing process for the part of the body above the neck and which is especially useful in curing diseases of the eye. The website of the hospital is <http://www.sreedhareeyam.com>. Their phone numbers are 0484-2776827/ 0485-2253007. Their treatments provide a lot of benefits to patients suffering from ear, eye, face, head and nose problems. I am briefly mentioning about some treatments that they practice. Besides this, Nasal Cleansing (*Jal Neti*, *Dugdha Neti* and *Sutra Neti*) can be practiced at home.

Our eyes are responsible for providing us
with 80% of our sensory perceptions.
Many chronic vision problems can be alleviated.



Shiro Dhara

Dhara is a method of special treatment practiced in Kerala. A continuous stream of warm medicated oil/herbal decoctions/medicated milk/buttermilk is poured onto the forehead for 45 to 90 minutes. This procedure often induces a mental state similar to a trance, which creates profound relaxation of the mind and body. It deeply relaxes and revitalizes the central nervous system. *Shirodhara* gives best results when taken after an *abhyangam*. *Dhara* is good for all ailments. Changing the liquid as per the *dosha* condition with necessary alterations in the procedure is useful to alleviate any *dosha*.

Benefits

- Strengthens all sensory organs
- Decreases hypertension
- Reduces stress and anxiety
- Strengthens central nervous system (CNS)



Shiro Vasti

This is the most important of all external use of *snehana* (oil application). Lukewarm ayurvedic/herbal oils are poured into a cap to maintain the temperature and fitted on the head for 15 to 60 minutes per day according to the patient's conditions for a period of 7 days. This is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches, burning sensation of head, neuralgia, hemicranias, optic atrophy, deafness, facial paralysis, diseases affecting the cranial nerves and other *vata* originated diseases.

Benefits

- Reduces anxiety and stress
- Bestows liveliness to the organs and it gives clear voice, firm jaws and strength to the head



The intestine is the sewer system of our body.
If this gets clogged, many diseases can occur.
Hence, one needs to do an intestinal cleanse.



Cure Yourself

- Reduces dryness of the mouth and nose
- It is prescribed in clinical conditions like Head ache, ear ache, humming in the ear and ailments connected with vata in the head

Netra Tarpanam

A special treatment in which the eyes are bathed in pure medicated cow's ghee. This procedure takes 15 minutes.

Benefits

- Relieves strain caused due to constant glaring at the computer and TV screen
- Helps in preventing early formation of cataract
- Reduces pain and burning sensation in the eyes
- Offers a good relaxation and cooling effect to the eyes
- It is very useful in conditions like dry eye syndrome, chronic conjunctivitis, corneal ulcer and glaucoma



Nasyam

Nasyam is the instillation of herbal medicines through the nostrils. Its impacts are very diverse. It removes mucous clogs, cleans and clears the head channels, and also stimulates the brain cells and central nervous system. It is one among the five *panchakarma* treatments.

It is commonly used to treat diseases like paralysis, Parkinson's disease, complex headache, acute sinusitis, diseases of the head, neck and nose, Bell's palsy, arthritis, and cervical spondylitis.

Nasyam is also a powerful rejuvenate therapy. Extended treatments give wonderful results for good health management. It stimulates the brain cells and promotes intelligence and memory power, prevents ageing, refreshes oral cavities and improves hair growth. The

Lack of fibre and water in the diet is the main cause of intestinal disorders. The health of the entire body is maintained when the intestinal system is working properly.



Other Body Parts Cleansing

sensory organs become stronger, immunity builds up and the person becomes cheerful and brisk. Improvement in hearing and skin texture are also the benefits of doing *nasyam*.

The doctor may also advice the person to carry out other ayurvedic treatments along with *nasyam*. Internal herbal medicines like *kashayam* (decoction), *lehyam* (semi-solid), and *choornam* (powder) etc. are also given as a part of the treatment.



Heart

The human heart is a pear shaped organ. It is about the size of a fist and an amazing organ. It is responsible for supplying oxygenated blood to all the cells of the body. The heart is made of a special kind of muscle called myocardium. The heart is enclosed in a double-layered, membranous sac called a pericardium.

The heart lies in the chest cavity between the lungs. It is composed of four chambers, many large arteries and many veins. The four chambers are called atrium and ventricles. A wall of muscle divides the heart into two cavities: the left cavity pumps blood throughout the body, while the right cavity pumps blood only through the lungs. Two chambers of the heart lie in the left cavity and two chambers lie in the right cavity.

The two upper chambers of the heart are called auricles, the lower chambers are called ventricles. The right side of the heart receives deoxygenated blood from all parts of the body except from the lungs. The left side of the heart receives oxygenated blood from the lungs and pumps it to the rest of the body. The heart of an adult person beats approximately 100,000 times-a-day, pumping about 8,000 litres of blood. It is estimated that the heart will beat about 3,00,00,00,000 (300 crores) times during a 70 year lifetime.

Your heart pumps nearly six litres of blood through your body every 60 seconds. Given this arduous task, it must be well taken care of. So we need heart cleanse.



Cure Yourself

Your heart pumps nearly six litres of blood through your body every 60 seconds.

Given the heart's arduous task of supplying the body with blood every day, it must be well taken care of. So we need heart cleanse.

Heart Cleanse

Eat foods that are considered heart-healthy, like organic fruits and vegetables, whole grains, lean meat and fish, beans and legumes or any other foods that are wholesome and unprocessed. Avoid foods that are high in fat, sugar, carbohydrates, sodium or are otherwise processed during your heart cleanse. Stay clear of foods containing high fructose corn syrup, saturated fats or hydrogenated oils. Also significantly reduce or eliminate alcohol and caffeine intake. Drink at least seven to ten glasses, each 200 ml of water every day. Take supplements that can promote heart health, like CoQ₁₀ (coenzyme Q), Hawthorne extract, omega-3 oils, vitamin C, guggulipid, L-Carnitine, taurine, astaxanthin and most anti-oxidant compounds. Strive to continue many of the good habits you have learned during your heart cleanse long after you have stopped in order to maintain a healthy heart.

For more information, visit http://www.ehow.com/how_2032957_do-heart-cleanse.html or other sites.

Intestine

The intestine is the portion of the digestive tract between the stomach and the anus. It is divided into two major sections, viz small intestine and large intestine.

The small intestine is about six meters (20 feet) long. It is coiled in the centre of the abdominal cavity (see picture on page 150). The small intestine is divided into three sections, viz duodenum, jejunum and ileum. The large intestine has a larger width but is only 1.5 meters

Bowel movements are the basis of your health. If you do not have at least one bowel movement per day, you are already walking your way toward diseases.



Other Body Parts Cleansing

(five feet) long. The large intestine is divided into six parts: cecum, ascending colon, transverse colon, descending colon, sigmoid colon and rectum.

Functions of Intestine

The small intestine is where the most extensive part of absorption occurs. Most food products are absorbed in the small intestine. The large intestine is responsible for absorption of minerals and water and excretion of solid waste material. Waste is solid because most of the water has been absorbed by the intestines as it travels through them.

Problems of Intestine

Lack of fibre and water in the diet is the main cause of intestinal disorders. When the membrane of the large colon is unhealthy (impacted), it cannot assimilate and absorb the minerals and creates deficiency diseases (no matter how many supplements we take). The health of the entire body is maintained when the intestinal system is working properly.

As the colon becomes impacted with dry putrefactive waste, its shape and function are affected in numerous ways. It may stretch like a balloon in certain areas, or develop diverticula (pouches on the intestinal wall which may become infected) or fall down upon itself. All of these colon malformations greatly impair your large intestine's ability to function, which in turn places severe strain on your digestive organs and glands and affects nutrient assimilation and absorption. The colon is the body's sewer system and if not treated properly, can accumulate many toxic poisons, which are absorbed into the bloodstream. This in turn can cause many diseases, such as constipation, Crohn's disease, irritable bowel syndrome and hernia.

One of the most frequent intestinal problems that people experience today is constipation. Constipation is generally attributed to a low

Beside providing quick evacuation of faeces, cleansing can also help bring remedies directly to the bowel, like in case of using faecal flora replacement or other therapeutic enema.



Cure Yourself

fibre diet and lack of sufficient water, which cause our faecal matter to become condensed and compressed.

A constipated system is one in which the elimination of toxic wastes is slow and the consistency of the stool can cause strain (which over time may cause haemorrhoids, varicose veins, hiatal hernia, or other mechanically induced problems). The longer the transit time, the longer the toxic waste matter sits in our bowel which allows proteins to putrefy, fats to rancify and carbohydrates to ferment.

People having fewer bowel movements are harbouring a fertile breeding ground for serious diseases. See page 150 for what can happen to the shape of a person's lower intestines when such toxic matter builds up on their intestinal wall throughout the years.

Intestine Cleanse

Intestine cleanse is a procedure that cleanses your blood and lymph, heal your intestines, rebuild your intestinal flora through the use of herbal bowel cleansers, colema, colonics, enemas, P&B Shakes etc.

Everyone would greatly benefit with doing a full bowel cleanse at a minimum of once per month, with ongoing colon maintenance once a year.

Besides being a way of quick evacuation of faeces (a great therapy for acute health problems like high fever, constipation, flu etc), different forms of cleansing (like enema) can also help bring remedies directly to the bowel, like in case of using faecal flora replacement or other therapeutic enema.

1. Combat chronic constipation (herbal bowel cleansers).
2. Kill parasites (Clarkia drops are added to enema) see page 67.
3. Make pleasant and headache free your fasting experience (salt water flush and enema are used to clean colon).

In a constipated system, elimination of toxic wastes is slow. The consistency of the stool can cause strain and lead to mechanically induced problems.



Other Body Parts Cleansing

4. Promote the healing of bowel disease. Therapeutic enema is used in case of AIDS, cancer, Crohn's disease, diverticulosis, diverticulitis, ulcerative colitis etc.
5. Promote the discharge of bile (coffee enema).
6. Quickly evacuate the content of the colon in case of an acute illness, through enema for constipation, headache, infectious diseases etc.
7. Remove heavy metals from intestinal walls (P&B shakes).
8. Repopulate the colon with healthy bowel flora (faecal flora replacement or yoghurt enema).

Standard intestinal cleanse may contain

- Bentonite (green clay)
- Enema
- Fasting on water, juices, raw fruits and vegetables
- Green vegetable juice
- Probiotics
- Psyllium husk and/or seeds or flax seeds.

You may search for more information on the internet.

Lung

The lungs are paired organs in the chest that perform respiration. We have two lungs. Each lung is between 10 to 12 inches long. Lung function normally peaks in the late teens and early twenties. After the early twenties, lung function declines by about 1% a year over the rest of a person's lifetime. Lung function decreases by about 2% a year for people who smoke.

Functions of Lung

Your lungs do a vital job. Each day, you take about 23,000 breath, which bring almost 10,000 litres of air into your lungs. The air that you breathe in contains several gases, including oxygen that your cells need to function. With each breath, your lungs add fresh oxygen

Lungs cleanse relaxes and soothes lung tissue,
reduces phlegm and strengthens the body's
defences, promotes healthy lung tissue.



Cure Yourself

to your blood, which then carries it to your cells. The main function of your lungs is respiration. Respiration is the process of utilizing oxygen from incoming air entering the blood and expelling carbon dioxide, which is a waste gas.

Problems of Lung

Mesothelioma and asbestosis are diseases that affect the lungs. They are caused by the inhalation of asbestos. Some common infectious diseases of the lung include pneumonia, tuberculosis, lung cancer, cystic fibrosis, and emphysema.

Lung Cleanse Procedure

This procedure uses mullein leaf and flowers, pleurisy root (*rogan-a-jaitun*), lungwort lichen, elecampane (*chakriphul*) root, chlorella, cordyceps mycelia cs-4 extract 2:1, turkey tails mushroom extract 8:1, grindelia aerial parts, wild ginseng root, lobelia aerial parts, long pepper fruit, black peppercorns (*kali mirch*), ginger root, lobelia aerial parts, sweet violet leaf, licorice (*mulaithi*) root, distilled water, grain alcohol and glycerine.

This procedure relaxes and soothes lung tissue, reduces phlegm and strengthens the body's defences, promotes healthy lung tissue.

For more details see relevant websites.

Pancreas

The pancreas is a glandular organ that secretes digestive enzymes (internal secretions) and hormones (external secretions). In humans, the pancreas is a yellowish organ about seven inches (18 cm) long and one and a half inch (four cm) wide.

The pancreas lies beneath the stomach and is connected to the small intestine at the duodenum (see digestive system on page 149-150).

Nobel laureates of Physics, Chemistry and Medicine of 2021 and 2022 met on 222nd floor of Erehwon Towers in New York and invited God. The noble laureates challenged, "Now our team can ...



Functions of Pancreas

The pancreas contains enzyme producing cells that secrete two hormones. The two hormones are insulin and glucagon. Insulin and glucagon are secreted directly into the bloodstream, and together, they regulate the level of glucose in the blood. Insulin lowers the blood sugar level and increases the amount of glycogen (stored carbohydrate) in the liver. Glucagons slowly increases the blood sugar level if it falls too low. If the insulin secreting cells do not work properly, diabetes occurs.

Problems of Pancreas

Today, Indian society is experiencing an epidemic of diabetes. Hence, more and more people are striving for a healthy pancreas in their bodies.

Pancreas Cleanse

A pancreas cleanse done by taking natural herbal supplements along with eating a healthy diet, may help in dealing with diabetics, as well as other pancreatic maladies.

Procedure

- (1) Complete your liver cleanse.
- (2) Drink 10 glasses of water everyday on the day of cleanse.
- (3) Integrate herbs, such as golden seal, juniper berries (*hapusha*), uva ursi leaves, comfrey (*haldi ki gaath*) root, huckleberry, mullein leaves and yarrow (*candana*) into your cleanse. These herbs assist in proper pancreatic health.
- (4) Take at least one hot shower a day. Scrub your skin vigorously with a *loofah* sponge. This will help with blood circulation and will aid in dispelling harmful toxins from your body.
- (5) Exercise at least 45 minutes everyday. Perform relaxation techniques, like deep breathing exercises, in order to help toxins

... equal your performance.” God told them to make a piece of paper. The scientists took up a straw to commence the process. God intervened, “Make your straw first. This is my creation.”



Cure Yourself

exit the body through the sweat glands and lungs.

For details, see

http://www.ehow.com/how_2032958_do-pancreas-cleanse.html

Spleen

The spleen is located in the upper left part of your abdomen. It is protected by your rib cage. The spleen is shaped like a loose fist and is tucked under the left side of the diaphragm. Spleen in an adult weighs about 175 grams.

Functions of Spleen

The spleen creates lymphocytes for the destruction and recycling of old red blood cells. The spleen is also a blood reservoir. It supplies the body with blood in emergencies such as a bad cut. White blood cells trap microorganisms in the spleen.

Problems of Spleen

During and after digestion, the size of the spleen increases. Infection of malaria or mono can also cause the spleen to increase in size. If the increase in size is significant, the spleen can rupture. If the spleen ruptures, immediate medical care is necessary. Other diseases that cause enlargement of the spleen are rheumatoid arthritis, leukaemia, lymphoma, sickle cell anaemia and systemic lupus.

Spleen Cleanse

Visit <http://www.enzymesinc.com/wellzymes/spleen-cleanse-w-13-2.html>

Homeopathic Remedy

Carbo Vegetabilis 2X - digestive inflammation

Ceanothus 3X - inflamed and swollen spleen

Lycopodium 3X - weak digestion

Diabetes is curable. Do liver cleanse properly followed by pancreas cleanse. Difficulty in procurement of a particular herb or medicine is not linked to its healing properties.



Other Body Parts Cleansing

Taraxacum 3X improves spleen function

Histaminum 6X, 12X, 30X reduces inflammation.

Teeth

Teeth are small white structures found in the jaws (or mouths) of many vertebrates that are used to tear, scrape, milk and chew food. Some animals, particularly carnivores, also use teeth for hunting or defence. The roots of teeth are covered by gums.

Teeth are among the most distinctive (and long-lasting) features of mammal species. Palaeontologists use teeth to identify fossil species and determine their relationships. The shape of the animal's teeth are related to its diet. For example, plant matter is hard to digest, so herbivores have many molars for chewing. Carnivores, on the other hand, need canines to kill and tear meat.

Tooth Cleanse

The chief cause of cavities is the build up of plaque. Plaque is a thin, transparent film on the surface of the teeth, containing bacteria. If the plaque is not removed, it hardens into tartar. Cavities in the teeth and gingivitis (inflammation) of the gums are evidence that this harmful plaque is at work destroying teeth and gums.

Daily use of a sanguinaria based mouthwash is the easiest, least expensive way to maintain healthy teeth and gums. Sanguinaria root, also called bloodroot, is a proven plaque removing herb. You may also visit a dentist once in two years for mechanical cleaning of teeth and removal of plaque.

Tooth decay results in causing various infections.
If you do not chew food properly, then the
nutrients cannot be properly absorbed.



Astrology and Chronic Ailments

The Crystal Ball for Future Gazing

Astrology is an occult science. If you have read all the previous pages carefully and practiced the therapy as outlined, I am sure that you must have benefited by it and are enjoying your life more than you used to. After trying out all the cleansing therapies meticulously, many ailments are cured but a few may be left. In such cases, there exists another choice. You may contact an astrologer in your neighbourhood for complete predictions in all aspects of life, through casting of all four charts (natal chart, progression chart, converse progression chart and solar return chart).

A knowledgeable astrologer will be able to give precise predictions with respect to each ailment of a patient, in the following way:

1. What is the planetary cause of each ailment?
2. Whether the ailment will be cured or not?
3. If cured, then upto what extent? Percentage-wise and period-wise for each ailment?
4. Whether a therapy or a combination of therapies, e.g. allopathy, cleansing therapy, homeopathy, naturopathy, reiki, surgery or something else will work or not for that ailment?
5. Whether pathological reports are correct? To what extent?
6. Whether the prescribed medication is indicative of resulting in cure or you need to reduce/increase dosage and/or you need to seek another opinion?

When you have logical answers to these questions, the treatment becomes simple and direction oriented. Astrology is not only for medicine but it also answers questions related with inter-personal relationships, job, promotion, earning money, foreign travel etc with the same accuracy. When we have anxiety, depression, disharmony,

The astrologer has to be well-versed in medical astrology and preferably needs to be provided with accurate information regarding time and place of birth.



Astrology and Chronic Ailments

disappointment, worry and no ray of hope for redemption, then astrology gives us the answer. Astrology is a supernatural science. The whole world is run according to a well defined plan. Nothing happens by chance. The divine plan is well arranged. It is timed with amazing precision.

Qualifications of an Astrologer

The astrologer should preferably know zoology, with in-depth study of anatomy, human morphology and physiology etc. He must be conversant with planetary movements every four minutes, the process of calculation of the exact time of birth, the effect of planets on each and every part, right upto the smallest organ of the human body e.g. adrenal glands, diaphragm, fallopian tubes, gallbladder (including liver and kidney), heart, lymph glands, pancreas, small intestines, spleen, urethra etc. He must also possess a working knowledge and experience of medical astrology e.g. Encyclopedia of Medical Astrology, Author: Cornell M.D., H.L. Price: \$89.95 ISBN: 1933303077. He should be modest in temperament, impartial, honest, active, courageous, clear in his statement, sincere, free from vices and maintain confidentiality. He must be conversant with astronomy and astrology. When an astrologer has thoroughly understood the mathematical portion and has acquired sound principles of astrology, his predictions do not fail.

I have tested the following astrologer, who knows the subject:

Abhaya Raj Somvanshi
18, Ravindra Enclave
Ravindra Palli, Opp. Indira Nagar
Lucknow-226016
Tel.: 09335051000
e-mail:astrologyofindia@hotmail.com
astrologyofindia@gmail.com
Website: <http://www.astrologyofindia.com>



When we have anxiety, depression, disharmony, disappointment, worry and no ray of hope for redemption, then astrology gives us the answer.



Astrologer – An Experienced Boatman

If the journey of life can be compared to that of crossing a river, the astrologer can be compared to an experienced boatman. Please see the following examples for understanding the role of an astrologer in the day to day lives of patients.

Ex. 1	Let us imagine that a person is trying to cross a river. When he tries to cross the river by wading, he finds that the depth of water is increasing. At one stage, when he realizes that the current is too strong, he is afraid and unnerved. Luckily for him, a boatman is sighted. He calls the boatman and asks, "Sir, can you kindly tell me whether the river is getting deeper and I have to struggle further or will it be less deep hereafter, so that I can cross the river without fear?" The boatman who possesses sufficient knowledge replies, "There is no need for fear. You have taken this route (which is your fate). The depth will increase only for a short distance as you proceed. Then fortunately for you, you will meet with a rocky strata, where the water will be shallow and thereafter there is no need for anxiety. So, you may carry on."The traveller gets courage to cross even the deeper course with confidence. Is he not free from anxiety from the moment the boatman gives him correct knowledge, which the traveller does not possess? The boatman does not give him physical support to cross the river by taking him in his boat. He only gives him knowledge, whereby he gains mental strength. Similarly, the astrologer can provide knowledge of the bright future by his prediction.
Ex. 2	A person complains to the astrologer, "I cannot understand why God does not help me to get married. I am 37. I am worried. I doubt whether God who created me has completely forgotten my existence. Why do I continue to

Birth time is defined as the time when the umbilical cord is severed and a new living body comes into existence.



The Problem - Health



The Solution - Astrology



Astrological symbols

		☉	Sun
		☾	Moon
		☿	Mercury
		♀	Venus
		♂	Mars
		♃	Jupiter
		♄	Saturn
		♅	Uranus
		♆	Neptune
		♇	Pluto
		♈	Ascendant
		♍	Midheaven
		♊	MNNode Rahu
		♋	MSNode Ketu
		♌	P_Fortune
		♎	Chiron
♈	Aries		
♉	Taurus		
♊	Gemini		
♋	Cancer		
♌	Leo		
♍	Virgo		
♎	Libra		
♏	Scorpio		
♐	Sagittarius		
♑	Capricorn		
♒	Aquarius		
♓	Pisces		

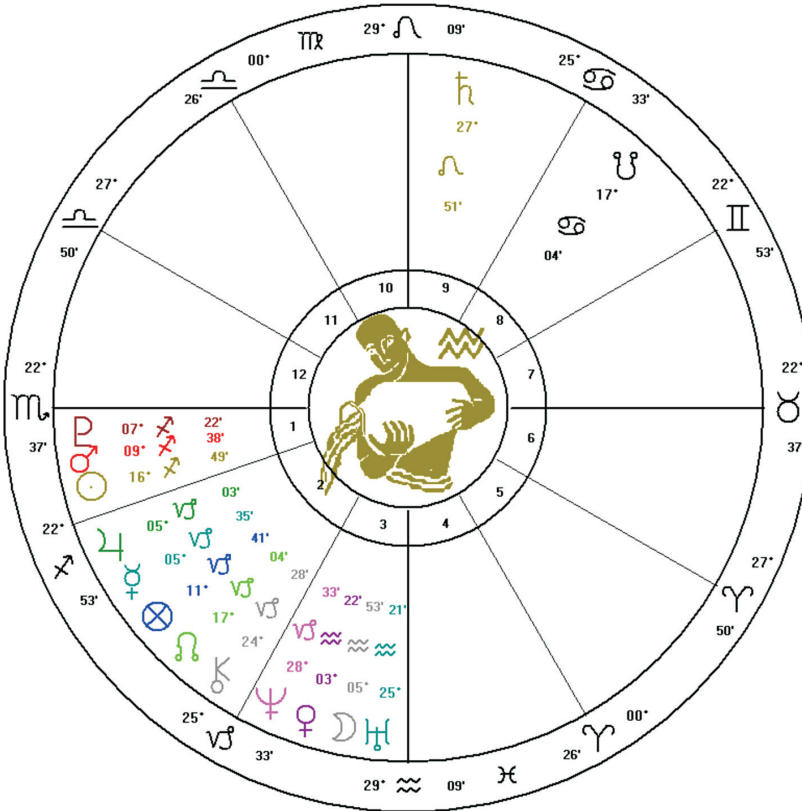
Birth Time Nirayana Ephemeris

Date	Sun	Moon	Mercury	Venus	Mars
01-Jan-09	16Sag57	07Aqu29	05Cap46	03Aqu30	09Sag44
02-Jan-09	17Sag58	19Aqu52	07Cap01	04Aqu36	10Sag29
03-Jan-09	18Sag59	02Pis32	08Cap12	05Aqu41	11Sag14
04-Jan-09	20Sag00	15Pis31	09Cap19	06Aqu46	11Sag59



Birth chart of a child born on Thursday, 01 January, 2009 at
8:37:56 am at Bombay Hospital, Marine Lines, Mumbai - India
Longitude: 072° E 50' 15" Latitude: 18° N 56' 27"

Natal Horoscope

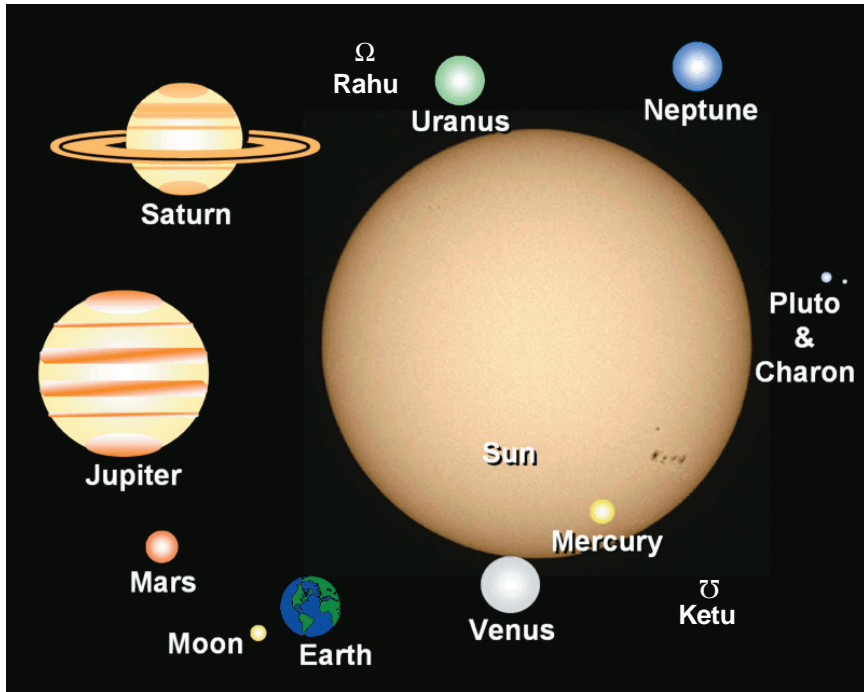


from 01-Jan-09 to 4-Jan-09

Jupiter	Saturn	Uranus	Neptune	Pluto	MNNode
05Cap04	27Leo51	25Aqu21	28Cap33	07Sag22	17Cap04R
05Cap18	27Leo51	25Aqu23	28Cap35	07Sag24	17Cap01
05Cap32	27Leo51R	25Aqu25	28Cap37	07Sag27	16Cap58
05Cap46	27Leo50	25Aqu27	28Cap39	07Sag29	16Cap54



Guess the Event?



Sun, other planets, moon etc jointly write the future of a new born child to the minutest detail, in his/her most nascent form, for the next 120 years.



Astrology and Chronic Ailments

	live alone, I do not know?" The astrologer replies, "Sir, you are destined to marry only at the age of 38. Please wait, you will have your turn only then. However much you try, you cannot get married earlier. Saturn delays it till you get dejected." The astrologer has given only mental strength. He has relieved him of his worry to a certain extent. This is not done by offering him a girl for marriage.
Ex. 3	A person asks, "Sir, the pressure from my bank and bankers is unbearable. Such thoughts, as to why I should not commit suicide and put an end to this trouble always flash in my mind. What do you find in my horoscope? Is there any ray of hope to be free from these worries?" The astrologer says, "However much you try, you cannot clear the loans for a year to come. The bankers will press you hard but you will somehow manage to avoid penalization. Days will pass though and 11 months later, you will be alright. Your finance will improve so much that you will even be able to lend assistance to others. You may not believe me now but later, you will remember astrology."
Ex. 4	A rich landlord secures tons of rice at every harvest but is unable to eat a bowl of cooked rice as he suffers from diabetes. He curses his fate. Is the condition likely to continue? The astrologer provides the answer to the future.
Ex. 5	A man who runs a group of high class hotels caters delicious food of all varieties to his customers. He has to content himself with it, for he cannot consume even a bit of it himself, since he suffers from blood pressure or colic pains. Is the condition likely to continue? The astrologer provides the answer to the future.
Ex. 6	An emaciated and thin looking person with an income barely sufficient for the maintenance of two adults is blessed with

If there is a science that lifts the load off your mind and enables you to face the future with confidence and hope, it is astrology.



Cure Yourself

	enough children to form a cricket team of his own, while a very well-to-do neighbour in the best of the health has none. The latter is depressed and does not know when he can have one. Is the condition likely to continue? The astrologer provides the answer to the future.
Ex. 7	A supremely intelligent person, who has been scoring top marks in school, is forced by circumstances to serve in later life under one who is extremely dull witted and is looked upon as a symbol of backwardness. The intelligent person earns a meagre income and carries out the order of the dull witted. When can he have bright days? The astrologer provides the answer to the future.
Ex. 8	A young girl with no grace or charm gets married but her neighbour who is very beautiful and rich with all the required qualifications for marriage, continues to be on the waiting list, forlorn and unhappy, in spite of serious attempts by relatives and friends. Will they not be in peace if they are informed by the astrologer what her destiny is and when they can fulfil their desire? The astrologer provides the answer to the future.
Ex. 9	One patient had myocardial infarction (70% coronary heart blockage) and was heading for a bypass. He is an MBA (Financial Analyst). He was in USA for eight years and has now moved to Mumbai since 1997. He consulted the astrologer. The astrologer said that the diagnosis of 70% blockage was correct but the patient was definitely not heading for any emergency. The cause of the problem was weak digestion. The patient did kidney cleanse, liver cleanse (with zapper and parasite cleanse), took green vegetable juices (200 ml) three times-a-day. He followed up with 30 minutes morning walk, switched over from pasteurized

I was in my worst phase of health in 2003, with low energy levels, backache, low digestion, allergies from 40+ items etc though all tests were OK. Doctors said I was fine but I felt severely ill...



milk to fresh milk and avoided sleep during the day to get good punctual sleep at night. In three weeks, his cardiologist friend told him that "danger has been averted and the requirement of medicines is reduced".

Thus it is observed that every person has his or her share of trials and tribulations in life. If there is assuredly a science that lifts the load off your mind and enables you to face the future with confidence and hope, it is astrology. The science of astrology alone explains why everyone has some worry or other, why there are so many inequalities in life and also offers mental solace.

Why Predictions Go Wrong?

Consider the following scenarios:

1. You get your blood haemoglobin levels tested at four different pathological laboratories at the same time. Chances are that you will get considerably different results at the different labs.
2. You check your weight at the same time on four different weighing scales. You are likely to get different numbers for your weight.

Is your blood haemoglobin level or weight different at different places? Why blame an astrologer for a small error in prediction, when you have given him only one input, i.e. time of birth and that too of indeterminate accuracy. The greater the accuracy with which the time of birth is known, the more accurate will be the predictions.

What If the Exact Time of Birth is Unknown?

Astrology provides a good instrument for narrowing down the cause and cure of the disease.

The astrologer needs the correct time, date and place of birth. Birth time is defined as the time when the umbilical cord is severed and a new living body comes into existence. The Sun, Moon, Mercury,

...Then Somvanshi had predicted in December 2003 that I shall be cured in July 2004 through some miracle and not by a doctor. Liver cleanse became the miracle of my life!



Cure Yourself

Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto, Rahu, Ketu and Chiron constantly emit rays. These rays join the rays of the cosmos and at a particular location, jointly write the future of the newborn child in his most nascent form for the coming 120 years to the minutest detail. The effect of the combination of these rays is unique for each location and each moment, because all planets are in constant motion. Two persons cannot be born simultaneously at the same place. So no two persons can have the same fate. Planetary configuration changes every four minutes. So the time of birth is important. If the time of severing the umbilical cord is precisely known, it can result in uncanny predictions. If the exact time of birth is not known, then the chart will be cast on the approximate time of birth or sunrise time. Then interpolation will be done after comparing the important major events of the native's life, e.g. passing an examination, getting a job, date of marriage, getting a son/daughter, dates of foreign travel, dates of major illness etc. Then he arrives at the correct time of his/her birth through backward calculation. This will be followed by accurate predictions.

However, it is good practice for the client to go in for corrections and modifications in predictions as and when events happen, more so when the exact time of birth is unknown.

A knowledgeable astrologer has answer to all questions except one
- Is the birth chart in front of him that of a male or a female?



Fasting

What is Fasting?

Fasting is defined as abstinence from all or some kinds of food for a definite duration. All religions have incorporated fasting in some form or other as part of their rituals.

Ten Body Systems

Your body consumes energy for carrying out its numerous daily functions. The various body systems that utilize energy are as follows:

- Circulatory
- Digestive
- Endocrine
- Excretory
- Lymphatic
- Muscular
- Nervous
- Reproductive
- Respiratory
- Skeletal

For the proper functioning of each system, the brain allocates energy to each of them on a proportionate basis. For example, the digestive system should need no more than 35% of the total energy consumed.

Diversion of Energy

We normally eat food that is three times the quantity that is required for our basic needs. The stomach has to process this extra food also. Therefore, the stomach needs more blood and energy. A full stomach consumes three times more energy than it is allocated to it. Thus, the proportion of energy used by the stomach vis-à-vis the

We normally eat food that is three times the quantity
that is required for our basic needs.



Cure Yourself

total energy generated by the body goes as high as 65%, when the stomach is full. It also induces a feeling of lethargy because consequent to the supply of extra blood to the stomach, blood supply to the brain and other systems of the body is reduced. In addition, the digestive process has to be completed in a timely manner. Hence, a lot of food remains undigested and is absorbed in a haphazard manner. This adds to weight gain and loss of energy.

Rest During Fasting

Rest is an important element of fasting. The body needs lesser energy during the fasting period. The nutritive elements of the food are transformed in the body in the form of flesh, marrow, blood, semen etc and the remaining waste matter is collected in the form of stools, urine, phlegm and perspiration. However, all waste matter is not removed daily. When the load on the digestive system is low and the body needs just the minimal basic amount of energy, then the brain signals our blood to search for sources of energy from all places in the body. Stored energy can be found in old accumulated chunks. The blood conveniently breaks them up into usable and unusable portions. The usable portions are absorbed into the system and the remainder is excreted. This process for the ultimate removal of such deeply embedded toxins can never happen without fasting. The longer the fast, the better the cleanse will be.

If the body is not at rest when the patient is fasting, then during the search for more energy, some acids are accumulated in the stomach, which harm the body. Hence rest is recommended. Fasting should be done properly at home, with minimal food intake in liquid form, e.g. green vegetable juices, fresh lemon juice etc for quick digestion. Exercise and physical activity should be avoided as far as possible, during the fasting period. If done properly, fasting yields fantastic results.

If the body is not at rest when the patient is fasting, then during the search for more energy, some acids are accumulated in the stomach, which harm the body.



Procedure

One should take lightly cooked food or a liquid diet for one-two days prior to the commencement of the fast. This initiates the process of purification of the blood. During the fast, one can take the minimum quantity of honey, lime water and fruit juice. The fast should be terminated properly. The digestive organs are relaxed during the fast. Hence, the fast should be broken with light food, e.g. fruit juice, one *chapatti* with some boiled vegetable. Normal diet can be resumed after one-two days.

Advantages of Fasting

Fasting provides much needed rest to the digestive system, so that blood flow to the other body systems is improved.

Four advantages of fasting are:

- Elimination of toxins from body
- Rejuvenation of the body
- Repair of tired and broken tissues
- Weight reduction

Proper fasting once a month for two days purifies the body and thus prevents diseases from invading the body.

When it comes to eating right and exercising, there is no
"I'll start tomorrow". Tomorrow is disease!



Home Cooked Food

Dangers of Precooked/Outside Cooked Food

Even the worst tasting home cooked food is better and more nutritious than the best tasting outside cooked food.

Nature wanted us to have fresh food. Animals do not process their food, though they may eat killed prey over a period of one-two days. No preservatives are added. You can eat home cooked food at room temperature but you have difficulty in eating food purchased from even the best restaurant in your town at room temperature. Restaurant food has lustre and it is this artificial shine that home food lacks.

The reasons are simple. Restaurants use permitted colours and sometimes even banned ones, such as sudan red and metanil yellow. However, even permitted colours and additives are approved by the food authorities, not by nature. So they harm the human body at their own pace.

Restaurants use refrigerators for preserving food. Refrigeration does not stop the process of decaying. It simply slows down the process. Damage to the stored food items continues to happen even inside the refrigerator. Restaurants use a lot of *maida* (thin white refined flour), pasteurized milk and many ingredients and spices to give artificial colour and lustre to food. Roadside '*dhabas*' do not use refrigerators, so their food is comparatively healthier. When I spoke to the procurement people of many restaurants, I found out that they tend to buy cheap ingredients to save on cost. Spices, *khoya* and deep frying cover up the taste of these inferior quality ingredients.

Dhabas cook food in advance and then keep it at a high temperature throughout the day, so that customers can be served promptly. At

Restaurants cook food at high temperature
to cut down on serving time. They use
artificial colours to give lusture to food.



Home Cooked Food

home, we use water as the base for cooking food, while restaurants use oil (that too of a lower quality) as the base. Water boils at 100°C , whereas oil boils at 300°C . Thus, food is cooked in simmering heat at home, while restaurants cook food at a very high temperature. At home, we tend to eat immediately after the food is cooked. Reheating destroys many vital nutrients. Restaurants the world over are in a constant race to cut down on their serving time from twenty minutes to one minute. You can imagine the nutritional value of this hastily prepared and overheated food.

Some of the highly detrimental food products/additives that we consume regularly in restaurant cooked/prepacked food are:

MSG (monosodium glutamate - commonly called *ajinomoto*), benzoates, aspartame (artificial sweetener), pesticides, hormones in milk, food additives, antibiotics, sugar, processed packed honey (containing preservatives, sweeteners etc), chocolate, concentrated sweeteners, coffee, margarine and other hydrogenated fats, refined oils, refined salt and table salt, baking powder, chlorinated water, hard and dry bovine milk cheese, junk foods (hamburgers, pizza, hotdogs, nachos etc), fried, smoked, grilled foods, aerated soft drinks such as colas, alcoholic drinks etc. Preservatives are harmful to the digestive system. Their high sodium content affects the heart and blood pressure. They are poor sources of fibre content, so their constant consumption leads to chronic constipation.

They also contribute to an array of diseases. There is tremendous loss of nutrients during processing. Food-borne illnesses are caused by ingesting bacteria, fungi, parasites, viruses or toxins, which may contaminate the food. Contamination may occur at any stage – during growing, harvesting, processing, storing, shipping or the final preparation of food.

A common cause of many of modern ailments like acidity, ulcers, blood pressure, gastritis, weak heart etc can be attributed to outside

Preservatives harm digestive system.
Their high sodium content affects
the heart and blood pressure.



Cure Yourself

cooked/package food. The following recipe is only for three days experimentation, to realise the value of home made food.

Try the Following for Three Days

You should eat only home cooked food	You must not eat outside cooked/precooked food
Spicy food cooked at home, including <i>chhole bhature</i> , <i>rajma</i> , <i>mutter paneer</i> , butter chicken, roast mutton etc.	Food cooked outside home - commercially available food
Vegetable soups made at home	Packaged branded soups made at home
<i>Chapattis</i> , <i>rotis</i>	Bread, <i>naan</i> etc from bakery, including brown bread
Fresh green vegetable, fruit juices	Commercially available or packaged vegetable or fruit juices, that are sweetened and loaded with preservatives
Home made <i>idlis</i> , <i>samosas</i> , <i>vadas</i> etc.	Restaurant <i>idlis</i> , <i>samosas</i> , <i>vadas</i> etc.
Home made snacks	Readymade noodles, commercially available snacks such as chips, potato wafers etc.
Home made spices	Ketchup, flavourings purchased outside
Home made tea, coffee, juices etc.	Restaurant tea, coffee, juices or soft drinks
Milk	Pasteurized milk

Even the worst tasting home cooked food is better and more nutritious than the best tasting outside cooked food.



Note: This prescription of home made spicy food is not to be followed on a daily basis. Less spices are better for health.

Watch the difference. This observation will help you to make a decision about your food patterns in the future.

You should also have a regular schedule for eating. Food taken at irregular intervals, at varying times of the day, leads to indigestion and other problems. Ideally, one should take small meals at regular intervals at fixed times throughout the day, rather than two or three heavy ones.

The Story of Chinese Chilli Chicken

Vegetarians should be able to notice the difference in the home made *paneer* and the *paneer* they bought from the market. Home made *paneer* is soft and tasty. Non-vegetarian people have a right to know the source of birds they eat for food. Poultry farmers rear 'broiler' chicken. They are sold at a rate of Rs. 45/- per kg when they are six weeks old. Growth of broiler chicken is most economical during first six weeks. For eggs poultry farmers keep a breed called 'layers'. Layers start laying eggs at the age of 18 weeks. For about 52 weeks they lay at an average of 25 eggs per month. Subsequently the laying slows down. These layers are then sold in market at the rate of Rs. 25/- per kg. Some restaurants buy them knowingly because they are cheaper. The consumer unknowingly buys layers because he/she does not know the difference between an exhausted layer and a young broiler. Some restaurants even buy dead chickens at the rate of Rs. 5/- per kg which can be conveniently used for making spicy Chinese dishes like 'chilli chicken'. The customer does not notice the difference but he/she loses health.

Foods that kill are stronger than foods that heal. Hence, it is only too easy to "eat your way" to ill health and disease.



Raw Milk vs Pasteurized Milk

Fresh Milk

Fresh cow/buffalo milk is best for health, if it can be consumed within 20 minutes of milking. After that, it starts decaying. The next best alternative is boiled cow/buffalo milk. Boil it before use, since it is impossible to consume milk during that period.

Pasteurization

It is the process of heating milk for the purpose of destroying bacteria, protozoa, moulds and yeasts. It is done by boiling milk at 65-70°C for half-an-hour, followed by immediate cooling, which kills not only harmful bacteria but also destroys milk's many beneficial ingredients. Pasteurization is done more to protect the industry and less to protect the milk. Defenders of pasteurization blame the poor quality of animal fodder or the storage/transportation process for contamination and spoilage. They emphasize that pasteurization kills harmful bacteria and keeps milk usable for a long period. However, this purpose is served in hardly 1% of cases. The remaining 99% pay the price.

Raw Milk is Uniquely Safe

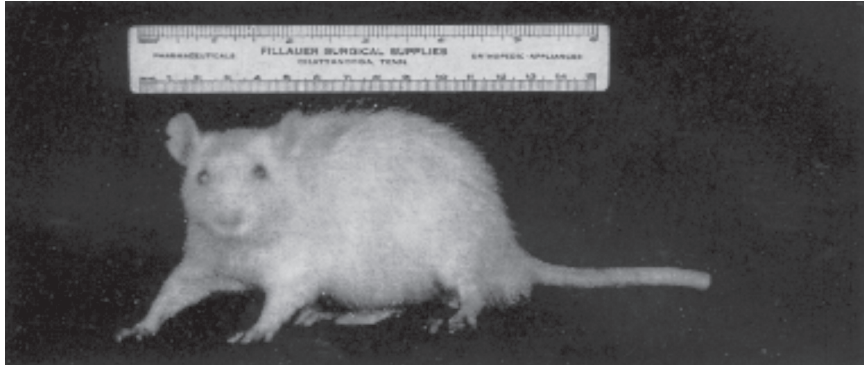
Consider the calf, born in the muck, which suckles on its mother's manure covered teat. How does that calf survive? It not only survives but grows strong and healthy, since raw milk contains multiple, complementary systems of bioactive components that can reduce or eliminate pathogenic bacteria. Further, the composition of all milk changes along with the growth of the child/calf, in order to satisfy their changing requirements. The requirement of a two day-old baby is different from that of a two month-old. Nature has provided this extraordinary capability to the breasts of all mammals to fulfil this changing need.

Breast milk composition changes according to the age and development of a baby. The requirements of a two day-old baby is different from those of a two month-old baby.



Raw Milk vs Pasteurized Milk

Notice the difference!



Rat fed only raw milk from cows fed dry ice grass silage and grain.
Notice absence of acrodynia (hairless area).
Raw milk fed rat weighed 206 grams.
Bones are longer and denser.



Rats fed only pasteurized milk from cows fed dry ice grass silage.
Hairless areas (acrodynia) are due to
a deficiency of vitamin B₆.
Pasteurized milk fed both rats weighed 146 grams.
Bones are shorter and less dense

After seeing these photographs, one of my close friends has switched over to raw milk for his puppy. He has confirmed a positive noticeable difference in the dog in only a month's time.

Destruction of Built-In Safety Systems in Milk by Pasteurization					
Component	Function in human body	B M	R M	P M	I F
B-lymphocytes	Kill foreign bacteria; call in other parts of the immune system	X	X	Inactivated	inactivated
Macrophages	Engulf foreign proteins and bacteria	X	X	Inactivated	inactivated
Neutrophils	Kill infected cells; mobilize other parts of the immune system	X	X	Inactivated	inactivated
Lymphocytes	Responsible for immune reactions	X	X	Inactivated	inactivated
B ₁₂ Binding Protein	Reduces vitamin B ₁₂ in the colon, which harmful bacteria need for growth	X	X	Inactivated	inactivated
Bifidus Factor	Promotes growth of <i>Bifidobacterium bifidus</i> , a helpful bacteria in baby's gut, which expels dangerous germs	X	X	Inactivated	inactivated
Medium-Chain Fatty Acids	They inhibit the cellular intrusion and proliferation of certain lipid coated viruses	X	X	Reduced	Reduced
Fibronectin	Increases antimicrobial activity of macrophages and helps to repair damaged tissues	X	X	Inactivated	inactivated

Raw Milk vs Pasteurized Milk

Gamma-Interferon	It has antiviral, immunoregulatory and anti-tumour properties	X	X	Inactivated	inactivated
Lactoferrin	Multifunctional protein with antimicrobial activity	X	X	Inactivated	inactivated
Lysozyme	Controls hormones and growth factors	X	X	Inactivated	inactivated
Mucin	Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease	X	X	Reduced	inactivated
Oligosaccharides	Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered	X	X	Reduced	inactivated
Hormones & Growth Factors	Stimulate maturation of gut cells; prevents leaky gut	X	X	Reduced	inactivated

B M - Breast Milk, R M - Raw Milk, P M - Pasteurized Milk, I F - Infant Formula

X = No change

Source : <http://www.realmilk.com/ppt/RawMilk.PPT>



Cure Yourself

Proteins in Milk

Proteins in raw milk are three dimensional in nature. Their structure is uniquely designed by Mother Nature to carry out vital functions and provide nourishment for our bodies. They carry vitamins and minerals through the gut into the blood stream; enhance the immune system and protect us against diseases. Pasteurization flattens these three dimensional proteins and hence the human body cannot recognize these proteins with totally changed structures. As a result, the body thinks that they are foreign proteins and mounts an immune defence. Such immune attacks lead to juvenile diabetes, asthma, allergies and other disorders later in life. More and more people are unable to tolerate pasteurized milk, some have violent reactions to it. Pasteurized milk allergy ranks among the top eight allergies.



Three dimensional diagram of the milk protein beta-lactoglobulin, showing the calyx-shaped container formed by a pair of beta sheets, providing a pocket for the protein to carry a lipid molecule. I failed to find any picture of pasteurized milk flattened protein molecule for comparison.

Pasteurized milk causes juvenile diabetes, asthma, allergies and other disorders later in life like any adulterated food.



Raw Milk vs Pasteurized Milk

Effect of Commercial Pasteurization Temperatures on Vitamin Availability

Vitamin	Effect
A	No significant change
B ₁	Down 3-20%
B ₆	Inactivated
B ₁₂	Down 10% but carrier proteins destroyed
Riboflavin	Heat stable, but light sensitive
C	Down 77% upon storage
D	Down, fortified
E	Down 15%
K	No significant change

Effect of Commercial Pasteurization Temperatures on Mineral Availability

Calcium	Down 21%
Copper	Up 44%
Iron	Down 66%
Magnesium	No significant change
Potassium	No significant change
Selenium	Down 9.7%
Sodium	No significant change
Zinc	Down 69.4%

Source: <http://www.realmilk.com/ppt/RawMilk.PPT>

Children fed raw milk have more resistance to TB than children fed pasteurized milk. Raw milk prevents scurvy and protects against flu, diphtheria and pneumonia.



Cure Yourself

Raw Milk Studies

Children fed raw milk have more resistance to TB than children fed pasteurized milk.

(Lancet, p 1142, 5/8/37)

Pathological organisms do not grow in raw milk but proliferate in pasteurized milk.

(The Drug and Cosmetic Industry, 43:1:109, July 1938)

Raw milk prevents scurvy and protects against flu, diphtheria and pneumonia.

(Am J Dis Child, Nov 1917)

Raw milk prevents tooth decay.

(Lancet, p 1142, 5/8/37)

Raw milk promotes growth and calcium absorption.

(Ohio Agricultural Experiment Station Bulletin 518, p 8, 1/33)

Raw milk protects against asthma and allergic skin problems.

(Lancet 353:1485, 1999)

After three generations on pasteurized milk, cats developed numerous health problems and pathologies of behaviour. At four generations, all reproduction ceased.

(Pottenger's Cats, 1983, Price-Pottenger Nutrition Foundation)

Pasteurization destroys vitamins B complex, C and D, enzymes and proteins found in whey.

(See numerous abstracts listed at www.realmilk.com)

Mother's Milk – No discussion on milk will be complete unless we appreciate breast milk. I am listing some interesting facts:-

- 1) The formula milk industry changes the recipe for the formula constantly but they never tell that last year's formula was so defective that it needed to be redesigned again.

After three generations on exclusive pasteurized milk, cats developed numerous health problems and pathologies of behaviour. At four generations, all reproduction ceased.



Raw Milk vs Pasteurized Milk

- 2) The composition of the breast milk also changes constantly but in an appropriate way. It varies according to the time of the day, the age of the baby, the length of the gestation, the length of the feeding and the time since the last feeding. The change in composition is need based for the baby. Breast milk flavours vary according to the foods that the mothers eat. This is how the infant becomes familiar with his native Punjabi, Gujarati, Bengali, South Indian food, instead of the dictates of large commercial interests.
- 3) The volume of milk an exclusively breastfed and thriving six week-old baby takes is very close to the volume of milk the same baby will take as an exclusively breastfed and thriving five month-old from the same mother. The older baby is usually twice the weight of his younger self and still growing well on this lower volume. The requirement of formula milk fed baby is twice for a five month old baby compared to a six week old. The miracle is in the appropriate changes in the composition of the breast milk, according to developing age of the child. The breast gets the appropriate signal for a change in composition of the milk from the technique and suction strength of the growing child on the nipple of the lactating mother.
- 4) The more the breast is emptied, the more milk is made. That is why women can nurse twins at one time and a singleton baby another time without, under or over supply issues.
- 5) The milk of mothers who had premature babies contains higher levels of fat, protein, sodium, chlorine and iron to meet the specific needs of the baby.
- 6) Breast milk is always fresh and at the right temperature. Mothers should nurse their children for two full years. (Quran, 2:233)

A five month-old baby consumes the same quantity of breast milk as at the age of six weeks, although his/her weight has doubled. For formula milk, the quantity required is doubled.



Sea Salt

Discard White Sparkling Free Flowing Iodized Salt

Natural salt is an essential element in the diet of humans, animals and even of many plants. The use of natural salt is as old as human history. Sea salt is one of the most effective and widely used of all food seasonings and naturally occurring preservatives. Sometimes, glaciers melt causing a lot of fresh water to flow into the sea. This causes the concentration of salt in sea water to go down. During the later middle ages, the entire coast of the Atlantic was deserted due to deglaciation and melting of ice. The flooding of all salt flats along the coastlines of the Atlantic Sea and the Mediterranean Sea led to an acute shortage of salt in the human diet. The whole of Europe, therefore, suffered from a salt famine that was to last almost 500 years. The average daily ration fell to less than two grams per person and caused many to die from dehydration and madness. The entire continent was thus thrown into a dark age of human underdevelopment.

Sea Salt Is the Essence of Life

Sea water is an average of 3.5% (by weight) dry matter. Unrefined sea salt contains 98% NaCl (sodium chloride) and up to 2% other minerals (salts), e.g. magnesium salts, calcium salts, potassium (*kalium*) salts, manganese salts, phosphorus salts, iodine salts etc. They comprise over 100 minerals, composed of 80 chemical elements. The composition of a crystal of sea salt is so complicated that no laboratory in the world has so far been able to reproduce it from its basic 80 chemical elements. The proportion of ingredients of sea salt is exactly the same in which they are required to be taken for consumption by a human body. Nature is still a better chemist than humans.

The proportion of ingredients in sea salt is exactly the same in which they are required to be taken for the proper nourishment of the human body.



Sea Salt Intake is Vital

Salt is a vital substance for the survival of all living creatures, particularly humans. Water and salt regulate the water content of the body. Water itself regulates its level in the interior of the cell by working its way into all cells. It has to get there to cleanse and extract the toxic wastes of cell metabolism. Salt forces some water to stay outside the cells and regulates this amount. There are two seas of water in the body; one sea is held inside the cells of the body and the other is held outside the cells. The salinity of the inner cell is an exact replica of that of sea water. Good health depends on a most delicate balance between the composition of these two seas and this balance can only be achieved by unrefined sea salt.

When water is available to get inside the cells freely, it is filtered from the outside salty sea and injected into the cells that are being overworked despite their water shortage by osmosis. This is the reason why in severe dehydration, we develop an oedema (water retention). The design of our bodies is such that the extent of the sea of water outside the cells is expanded to have the extra water available for filtration and emergency injection into vital cells. The brain commands an increase in salt and water retention by the kidneys. This is how we get an oedema even when we do not drink enough water. When we drink enough water to pass clear urine, we also pass out a lot of the salt that was held back. This is how we can get rid of oedema fluid in the body, by drinking more water.

Salt has many functions other than just regulating the water content of the body. Ideally food should be cooked in fresh water using sea water for salt. The earliest civilizations lived near the sea. In the absence of salt making techniques, they used sea water to get salt flavour in cooking and fresh water from rivers and their tributaries etc for drinking and cleaning. It is not practical in the long run, so for the sake of convenience, people use sea salt. Natural sea salt

The environment of an unborn baby in womb is similar to sea water. Thus, the composition of sea salt solution is the basis of life itself.



Cure Yourself

(reconstituted seawater) allows most liquids to freely cross body membranes, the kidney's glomeruli and the walls of blood vessels. Whenever the sodium chloride concentration rises in the blood, the water in the neighbouring tissues is attracted to that sea salt rich blood and the cells then reabsorb the enriched intracellular fluid. If they are functioning properly, the kidneys remove the saline fluids easily. Refined sea salt does not allow this free crossing of liquids and minerals and causes accumulated fluids to stagnate in the joints, producing oedema and chronic kidney problems.

How Refined Salt Kills and Sea Salt Heals?

Refined salt (table salt) is 99.9% NaCl (sodium chloride, a chemical as refined as heroin or white sugar). It almost always contains additives and chemicals, free flowing agents, inorganic iodine, dextrose and bleaching agents, potassium iodide (added to salt to avoid iodine deficiency disease of the thyroid gland), sugar (added to stabilize iodine and as an anticaking chemical) etc. Refined salt is treated with aluminium silicate to keep it free flowing, powdery and porous. Aluminium silicate is highly toxic to the nervous system, leading to Alzheimer's disease. To further prevent any moisture from being reabsorbed, the sea salt refiners add sodium or yellow prussiate of soda as desiccants plus different bleaches to the final sea salt formula. After these processes, the table salt becomes white and sparkling but it will no longer combine properly with human body fluids. It invariably causes severe problems of oedema and several other health disturbances.

People who eat refined salt develop a craving for more salt because the refined salt that they are used to eating does not satisfy their needs. Micronutrients have been removed from sea salt during the refining process. Then they use more and more refined salt, in a desperate attempt to get those elements that the body needs in trace amounts. Taking big amounts of refined salt burdens the kidneys

Sea salt contains about 80 mineral elements that the body needs. Ordinary table salt that is bought in super markets has been stripped of its companion elements.



Sea Salt

and adrenal glands, which are very important for calcium utilization. Modern physiology has demonstrated that an excess of salt interferes with the absorption of nutrients and depletes calcium, while if used in moderate doses, sea salt enhances calcium absorption and nutrient utilization in general.

Unrefined sea salt is a better choice of salt than other types of salt on the market. Sea salt contains over 100 minerals composed of 80 chemical elements that the body needs. Some of these elements are needed in trace amounts. Ordinary table salt that is bought in super markets has been stripped of its companion elements. In addition, harmful chemicals have been added to the processed, altered, unnatural substance to mask and cover up all the impurities it contains. When a dietary deficiency of trace elements occurs, cells lose the ability to control their ions, with dire consequences for humans. Even a minute loss of ion equilibrium causes cells to burst, brain damage, nervous disorder, muscle spasms, as well as a breakdown of the cell regenerating process and growth.

Vital Functions of Sea Salt in the Body

1. Sea salt is most effective in stabilizing irregular heartbeats.
2. Sea salt is vital for the generation of hydroelectric energy in the cells of the body. It is used for local power generation at the sites of energy requirement by cells.
3. Sea salt is vital to the communication and information processing of nerve cells, all the time that the brain cells work, from the moment of conception to death.
4. Sea salt is essential for the prevention of muscle cramps.
5. Sea salt is vital for preventing varicose veins and spider veins on the legs and thighs.

Facts:

1. In the middle ages people were put to a horrible death by salt

People who eat refined salt develop a craving for more salt because the refined salt that they eat does not satisfy their needs. This burdens the kidneys and adrenal glands.



Cure Yourself

deprivation.

2. Water and salt are the two most mentioned things in the Bible.
3. The salinity of the water outside the cells in our bodies is the same as that of the sea.
4. The environment of an unborn baby in the mother's womb is similar to sea water.
5. Lastly, iodized salt for the supply of deficient iodine is a marketing myth. How many patients having iodine deficiency have we heard of?

Availability of Sea Salt

Regular coarse, granular salt that is greyish in colour, called '*khada namak*' is available all over the country in small grocery shops. The cost is around Rs 7 per kg.

I have shown cover page of a book 'Seasalt's Hidden Powers' by Dr Jacques de Langre.



The salinity of the water outside the cells in our bodies is the same as that of the sea



Sleep

Importance of Sleep

Spend at least 1/3rd of your life sleeping, if you want to be fully alert, and in a good mood, creative and energetic for the remaining 2/3rd of your life, as well as remain resistant to infection.

Did You Know?

- a) 40% of urban Indians do not get enough sleep.
- b) 28% of urban Indian adults are chronically sleep deprived.
- c) Women have shorter periods of deep sleep.
- d) 46% adults rate their sleep fair/poor.
- e) One hour less sleep at night can impact your alertness the next day by 25%.
- f) If you sleep on an average of only six hours at night, your immunity to viral infection can be affected by 20%.
- g) It should take 15-20 minutes to fall asleep if you are getting the right amount of sleep each night.
- h) Every year 52,000 vehicle accidents take place in India due to falling asleep while driving.
- i) 8.1 crores Indians suffer from chronic sleep disorder.
- j) Long hours, work related stress and job insecurity were rated among the top factors contributing to lack of sleep.
- k) Sleep deprived people were more likely to worry about their overall state of health, weight and happiness than those getting enough quality sleep.
- l) Lack of sleep results in chronic lethargy, poor performance and impaired judgment, and has also been associated with obesity, diabetes and hypertension.

Spend at least 1/3rd of your life sleeping, if you want to be fully alert and in a good mood, creative and energetic all day long and remain resistant to infection.



Cure Yourself

Benefits of Appropriate Sleep

- Alertness
- Body weight
- Communication skills
- Creativity
- Energy
- Good health
- Libido and erectile function
- Longevity
- Memory
- Mood
- Perception
- Performance
- Productivity
- Reaction time
- Safety
- Thinking.

Ten Successful Sleep Strategies

1. Keep mentally stimulated.
2. Exercise to stay fit.
3. Stop smoking.
4. Reduce caffeine consumption.
5. Reduce stress as much as possible.
6. Eat properly.
7. Avoid alcohol before bedtime.
8. Take a lukewarm bath before going to bed.
9. Establish a bedtime ritual, e.g. reading a book, listening to soft music etc.
10. Maintain a relaxing bedroom ambience.

A good laugh and a long sleep are the best cures in the doctor's book. There is no need for expensive medications all the time.



Sleep Need of Teens

Teens need nine hours sleep. They average 7.7 hours per day. 16 percent teens have low sleep efficiency, meaning they have trouble falling asleep much of the time or wake up too early. Computers, cellphones, television and music are the technological invasions that have affected sleep of everybody, especially the teens.

The Four Rules of Sleep

1. Establish a regular sleep schedule.
2. Get continuous sleep.
3. Get enough sleep every night.
4. Make up for lost sleep.

Bedroom Environment for Best Sleep

1. Feeling of security – doors should be properly secured.
2. Décor of bedroom in light colours (ocean blue, forest green or pastel shades).
3. Low level of lighting.
4. Low level of noise - e.g. clock not ticking loudly.
5. Cosy temperature, i.e. 18°C – 23°C.
6. Moisture level of 60% – 70%.
7. Fine, soft, clean and comfortable clothing to wear.
8. Soft cotton linen bed sheets in light colour.
9. For the best night sleep, look for pillows that you can fluff up and adjust to fit your unique contours and sleeping posture – change your pillow and also your mattresses if either of them is stained, disintegrating or is losing its filling.
10. Proper position of sleep on your side or on your back.
11. Use mosquito net.

The last one being most important because all commercially available mosquito repellents harm our lungs.

How boring life would become if we knew the time of our death!



Cure Yourself

Stress, Overtaxation and Overexertion

Stress, overtaxation and overexertion of the body is a primary contributing cause in several mental and physical disorders. Physical exertion implies overwork, while overexertion suggests insufficient sleep and opportunities to relax. Understandably, if the system is already depleted due to a poor diet or some existing physical imbalance, overtaxation could easily occur.

Anxiety is a prime destroyer of mental peace and general health. The more you worry about others, the more you lose your own health. If your daughter-in-law or mother-in-law does not agree with your views, then accept the fact that she is mature enough to make her own decision and form opinions, which may be contrary to yours. There is nothing to be gained by arguing with her or trying to change her opinion, except increasing your blood pressure in the process.

Visualize that you have two friends of similar competence levels.

One is an achiever through 12 hours of hard work. He takes risks and performs outstandingly in all walks of life. He has enough money to buy everything. However, he has no time for himself or his family and suffers from hypertension, diabetes etc.

The other is a happy-go-lucky person. He works for six hours each day. He spends quantity and quality time with his family. He makes both ends meet comfortably but does not have the luxury of a posh bungalow, fancy cars, foreign travel etc. He enjoys good health as well.

I leave it to you to choose a lifestyle that you prefer and appreciate. You might also choose a middle-of-the-road path.

To avoid sickness eat less!
To prolong life worry less!



Stress, Overtaxation and Overexertion

Here are some things that money can and cannot buy:

1. Money can buy a bed but not sleep.
2. Money can buy books but not brains.
3. Money can buy food but not appetite.
4. Money can buy finery but not beauty.
5. Money can buy a house but not a home.
6. Money can buy luxuries but not culture.
7. Money can buy amusement but not happiness.
8. Money can buy companions but not friends.
9. Money can buy flattery but not respect.
10. Money can buy medicine but not health.

One should spend 45 minutes every week selflessly with senior citizens. They expect nothing except your company. Their blessings are invaluable in relieving your stress, overtaxation and overexertion.

The same holds true for playing with children. When the *Mughal* emperor Shah Jehan was imprisoned by his son Aurangzeb, he was asked to choose one food and one activity. Shah Jehan selected gram (*chana*), which can be used as the main ingredient for a variety of dishes and selected teaching children as his activity, since it provides limitless variety. This anecdote shows us the importance of indulging in gainful and satisfying activity.

(Dr Satya Prakash, Reader Chemistry (Retd.), Regional Institute of Education, Shyamala Hills, Bhopal and his wife Kanta, provided me with many valuable suggestions for this book. I have incorporated a few of their dictums, as above).

They follow cleansing therapy.

They live at:

147 Aradhana Nagar

Bhopal - 462003

Tel.: 0755-2768265



One should spend 45 minutes every week selflessly with senior citizens. They do not expect anything from you except the pleasure of your company.



Cure Yourself

Response from Patients

Piyush is no less than a younger brother to me - though we are not related. We also shared many years working together in different organizations, including Reliance. Piyush has been genuinely concerned about my chronic problems resulting from acute acidity and was strongly recommending that I undergo liver cleansing process. However, I ignored his advice for about four years till about eight months ago, when the problem and the discomfort peaked. Piyush personally administered and monitored my kidney, acidity, parasite and liver cleanse processes. I have been feeling not only better and relieved but also more energetic and rejuvenated since then. My only regret is not having listened to Piyush earlier. Anyway, it is better late than never. I wish that the cleansing therapy reaches every home to benefit all.

Ajeet Varma

Head - Finance & Commercial

Suhail Bahwan Group

PO Box 169, PC 100,

MUSCAT

Ph: 00968-92881466/24698466

e-mail: ajeet.varma@suhaibahwangroup.com



(Dada - I am deeply indebted to you for guiding me throughout my life since we met in 1981.)

Piyush has been very dear to me. I have closely seen his passion for learning alternative therapies during kidney problems of his younger brother. That young life came to an end despite putting in all possible efforts. That could be the trigger for his mission to provide tips to people about cleansing therapy through naturopathy. Knowing him, I was very certain that the well researched cleansing therapy will be very useful. I had been very keen to take benefit of his treatment.



Response from Patients

Every weekend I felt that 'next week would be most suitable'. Many weeks passed without realising that the whole treatment requires only a couple of hours time which can be spared any day. Last month, I met Ajeet Varma, a friend who is also very close to Piyush. He explained to me the benefit and the overall sense of well being he felt after undergoing treatment by sparing just a couple of hours. I felt guilty for not undergoing the treatment much earlier, particularly since I knew about his research work long before the idea of writing this book came to his mind. Finally, I went through the kidney and liver cleanse process. It was mildly discomforting during the evening the treatment started. Next morning I felt a little weak. Since I have full faith and trust in dear Piyush's statements, I continued as per instructions. There was some discomfort, though much less than the previous evening. I improved a lot by noon. By late afternoon, I went for along drive and then went out for dinner. Next morning onwards I started feeling better, my joint pains reduced quite a bit. My energy level has increased. Most importantly my internal systems seem pampered. Encouraged by my improved health and observing that the suffering was minimal, my wife also did liver cleanse. Other family members, relatives and friends are doing it shortly.

P. Sanyal,
Managing Director,
Securities Trading Corporation Ltd,
Marathon Emperor, Marathon Nextgen,
Lower Parel(W), Mumbai - 400013
Ph: 022-30031105; Fax: 02230403052
e-mail: sanyal@stcionline.com



(I am the eldest of four children. The following four persons have been like elder brothers to me.

*Late Sri **Surendra Narain Saxena** (1951-2008) passed away in June. His father Late Sri Ram Narain (1916-1970) was instrumental in building the career of my father (page 239), who is his younger brother. I met Mr **Ajeet Varma** (page 200) in 1981 when I joined Bank of*



Cure Yourself

*India. I met Mr **Pundarik Sanyal** (page 201) in 1982 and Mr **Jagdish Vora** (page x) in 2002. Each one of these four has sacrificed a part of his life more than once to ensure my happiness. I am indebted to them for all my career achievements to attain this position, author this book and much more.)*

Dr Piyush Saxena visited my office in Nov. 2004. He discussed about the liver cleanse and the kidney cleanse. He expressed the desire that his articles on cleansing therapies could be given place in my magazine. Frankly speaking, I was apprehensive. Many people come to us boasting about their magical treatments. Our magazine Hindi 'Health' is number one amongst all magazines on health in Hindi in India. I was in a dilemma. But Dr Piyush Saxena was not like others. He confirmed that he does not expect any remuneration for publishing the articles. He wanted that more and more people could know about cleansing therapy, which can cure 90% of physical ailments without causing any side effects to their body. He was carrying a couple of medical reports. All were reassuring that Dr Saxena could be correct. He realised my concern. He suggested that I should try his kidney cleanse to begin with. I along with my one colleague tried it. I was so overwhelmed with the effect that I decided to give it a try and publish his therapy. In January 2005, his first article appeared about kidney cleanse. We got many phone calls and letters. I published his other articles and we continuously receive positive phone calls and letters. Since then, I have published his 41 articles (i.e. one article every month) so far. I am proud that through publishing his articles, I am also taking part in propagating cleansing therapy.

Santosh Pyasi

Editor, (Health & Nutrition) Hindi

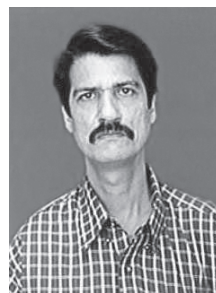
Magnagraphics (India) Pvt. Ltd.

101-102, C & D Govt. Industrial Estate

Kandivli (W), Mumbai-400067

Ph: 022-28695411/28683738/09892244200

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Response from Patients

(Santosh - You are not a patient. Still you gave place to my articles in your magazine, which led the way to radio/TV talk shows, publications by 'Rajasthan Patrika', 'Women's Era' etc, conduct of my many workshops etc culminating in the release of this book – which would otherwise have remained a dream for me.)

It gives me immense pleasure to be a part of the forthcoming book of my brother. I admit that my several sicknesses have not bothered me for last more than two years, i.e. since when I did first cleanse. I was on the verge of being asthmatic (as I used to travel to cement plants of Rajasthan). Second was again when my frequency of travelling to Orissa's remote iron ore mines and steel plants was very high. The all season dust in mines, the heavy pollution in steel plants failed to make any dent on my inner strength which saved me from notorious infections of that part. Further travelling in local trains of Mumbai is another place where one can easily get any major or minor infection. I have so far escaped from any illness largely due to green juices, kidney and liver cleansing. I request all patients that that they should make a list of the gravity of all their medical problems on a 10 point scale before and after doing the liver cleanse - one point being lowest on agony and 10 being highest. Do the suitable cleansing and again write their observations on the same 10 point scale. I am sure that the patient will feel the benefit of the cleansing!

Rahul Saxena M.B.A.

Group Head – HR

Mesco Heliport

Juhu Aerodrome, S. V. Road,

Vile Parle (W), Mumbai-400054

Ph: 022-26624572/09321855500

e-mail: rahulsaxena@mescosteel.com

rahul4963@gmail.com



(Rahul - The idea of putting all ailments on a 1-10 scale before and after cleanse is good one and I recommend it to everybody.)



Cure Yourself

I have known the author since 1965 when I was born. I am his sister, 6 years younger to him. When I happened to see a draft of his book, I felt like sharing some facts about *dada* and the process of this book. Two years back he was trying zapper at my home. He was trying to feel the mild current on his neck, tongue and elbow. All of a sudden he called my son to bring a hot needle. He said that if the current is to be felt by blood then best results should come if resistance of the skin is removed. I thought that he has gone crazy. Before I could argue, he had pricked his left ring finger. Blood came in a few drops. Then he put the zapper copper pipe on the injured finger directly. This zapping gave him mild pain which I could see from his face but he continued. He observed that the parasites are best zapped when the low current is given to the cut body parts e.g. prick, mosquito bite or an injury. But it damages the wound. Therefore, he has not mentioned such zapping in parasite cleanse chapter. *Dada* did not permit us to prick our fingers for zapping. I feel the need to tell about this incident to elaborate the process in which starting from *dada*, *bhabhi*, children, parents and we family members were guinea pigs to arrive at a conclusion. He always did all experiments on himself first. Once he consumed 50 grams of Epsom salts to see the effect. On another occasion, he consumed 60 ml apple cider vinegar in one minute. This has now culminated in this book with safe and easy-to-follow guidelines.

I had been least interested in his cleansing therapy till 2006 when I developed urticaria and I had to most unwillingly depend on anti-allergic tablets. *Dada* kept advising me about liver cleanse but I turned a deaf ear.

In March 2007 *dada* challenged me and made two statements:

1. My allergies will be gradually tapered forever and finally cured in two months through four proper liver cleanses.
2. I shall be cured by no other therapy whatsoever I try.

I was desperate to win. I tried everything. As I am just six years younger to him, sibling rivalry is always there. I wanted to prove him wrong. I tried many different remedies. The allergic episodes were reduced but then again they came back. It seemed that I was losing.



Response from Patients

Finding no relief from my choice of therapy, I decided to try first liver cleanse with a wish that it should fail. But I lost and wow, the problem was reduced by 30 – 40 % in one go forever. I tried second time and I improved further. Then I did complete parasite cleanse course. I took parasite tincture, green juices, colloidal silver water, used zapper and did the third liver cleanse last year. From that day till now I have no allergy problem. I eat anything, I go anywhere. My energy levels have shot up and my weight reduced from 68 to 64 kg.

I feel that by losing the battle with *dada*, I won the war with my health.

Tripti Saxena I.T.S.
DGM, MTNL
Bhikaji Cama Place
New Delhi -110066
Ph: 09868134134
e-mail: ambcp@bol.net.in



(Tripti - I thank you for not making public the secrets of my other experiments.)

Bollywood..... just the mention of the word creates excitement and curiosity.

Unfortunately not many people are interested in the picture behind the gloss. Being part of the film industry for the past 22 years, I knew the pain and hard work that went hand in glove with the fame. But I ain't complaining! Though talking about pain, I really wished I could wish it away. Attributing it to my exercise regimen and emotionally challenging profession, I started shirking from exercise, especially on days when I was not feeling too good emotionally or physically. Somewhere around 1997, I could see my clothes size getting bigger and then I got into the vicious circle of - you feel fat - you stress - you eat - you feel fat and you actually become fat. After putting on weight, I started suffering from water retention. The body pain didn't get any better and remarks from friends and acquaintances, "Haven't you



Cure Yourself

put on weight?" were a lot to deal with. To top it someone suggested an allergy test and I discovered I was allergic to about 40 things.

By now it was 2007. I had reconciled to a life of being overweight with numerous restricting allergies, terrible itching all over my body, sinus and mild asthma (because of allergies), red patches on my skin, body pain and thyroid. I would start my day with anti-allergy tablets and what not. Then in May this year I discovered Dr Piyush's treatment, from Sambhavna. She too is an actor and a very dear colleague of mine whom I affectionately call Sam. I saw her after a gap of more than six months. I was shocked at her weight loss. I congratulated her. She asked me about a red patch on my neck and I said jokingly, "Oh this is a sign of my royal blood." She obviously didn't find it amusing and I knew in my heart how untrue that statement was. She took it upon herself to explain to me the treatment formulated by Dr Piyush and its benefits, it sounded completely impractical and gross. But am I glad I did it! After a month of interacting with Sam and asking Dr Saxena all sorts of questions under the Sun, I took that step towards well-being.

Today I feel I have embarked on a new journey, with a new zest for life and endeavour to help more people with this wonderful magical treatment. Not only I have stopped taking pain killers and anti-allergy tablets but my digestion has also improved by hundred times. My hypothyroidism is under control. I don't feel exhausted anymore. I am full of dreams of the future.

Dr Piyush and his cleansing treatments etc are a blessing for mankind. I recommend it to everyone.

Kunickaa Sadanand Lall
B Block, Shop No. 14
Saraf Kaskar Ind. Estate
Oshiwara, Jogeshwari (W), Mumbai-400102
Ph: 09833106060/09820137902
Email: hikunickaa@yahoo.co.in





Response from Patients

She has acted in over 100 films (Beta, Khiladi, Swabhiman etc) and over 20 TV serials (Kitty Party, Kahani Ghar Ghar Ki etc). As a singer, she has released three pop albums titled 'Lakhon mein Ek', 'Kunika' and 'Joombish - A Mystical Journey'. She started off in 1987 as a social activist, working for AIDS awareness. She is the secretary of CHIP, an NGO that works with underprivileged children. She is also a General Secretary, Mumbai of the Nationalist Congress Party.

(Kunickaa - These cleansing therapies are not mine. They belong to anybody and everybody who can make use of it.)

Kunickaa has expressed in so much detail that not much is left for me to write. However, I take the credit of introducing her to Dr Saxena. I had been suffering from severe allergies and had been on regular medication. I had hormonal problems also. Besides, I used to have severe joint pain in my knees. I was diagnosed with rheumatoid arthritis and prescribed 'Regestrone' on a regular basis to reduce the pain. My treating doctor took one hour to counsel that I shall not be able to dance (which is my profession) in the future so I must change my line of work. Fortunately in Oct. 2007, I met Dr Piyush Saxena on a shooting where I was giving dance performance for the 'item number'. He gave me a draft of his book 'Cure Yourself', which I read. Then I spoke to him and he personally monitored my three liver cleanses over a period of two months. My allergies vanished gradually. My joint pain has vanished and my weight has come down from 64 kg to 58 kg. My hormonal problems are over. I feel much better now and I do not take any medicine.

The honest truth is that I have forgotten that I had any medical problems in the past.

I now have higher energy levels and I am able to perform better in my all activities.



Cure Yourself

Sambhavna Seth
B-402, Sai Shraddha
Veera Desai Road, Andheri (W)
Mumbai-400053
e-mail: sambhavnaseth@gmail.com



She started her career with 36 China Town and is a leading artist for Bollywood films, having performed in more than 50 films. She is one of the most popular faces in entertainment circles now and she did a reality show 'Big Boss 2' on Colors Channel.

(Sambhavna - Even today I fail to understand how you trusted me in our 15 minutes interaction. This go-getting attitude of yours will ensure quick and substantial progress in your career.)

We were doing a serial in which Kunickaa is acting with me. During shooting sometimes we have to sit idle because other people are performing. That day we were on a break when Kunickaa told me about this magical treatment. I could not believe it but she was adamant. To close the topic, I told her to send to me the book of Dr Saxena by email. My wife and I started to read the book on our computer next day. It was 1 pm. By the time we were midway through the book, I called up Kunickaa and told her that I wanted to do the liver cleanse same day. She told me about the requirement of light food during the previous night and I confirmed that I had unknowingly complied with the conditions. Why delay? And I started the liver cleanse within 24 hours of my knowing about it. The effects were amazing. Earlier I used to get tired by evening. I had fatigue and lethargy. All that has gone. I am feeling very fresh now. I have already told many people about it.



Response from Patients

راجندر گپتا

Rajendra Gupta
30 Aram Nagar Part II
Versova, Mumbai-400061
Ph: 09820046563
Email: gupta@asia.com



Rajendra Gupta is from National School of Drama. For the past 23 years, he has been working for films, TV and theatre. A few outstanding memorable roles are Chandrakanta (double role of Shani and Pandit Jagannath), Guru (father of Abhishek Bachchan), Lagaan (Mukhiya - village head).

Dr Saxena has worked with me in two films. During leisure, I got an opportunity to overhear his discussions with other artists on naturopathy. Finally I visited his office and understood the whole procedure of the liver cleanse. He assured me that liver cleanse will give general improvement in my health which I definitely got. I appreciate selfless attitude of Dr Saxena in the service of the mankind.

अभिषेक चध्दा

Dr Abhishek Chaddha
Actor turned Director Bollywood films
17 Om Heera Panna
Near Oshiwara Police Chowky
Andheri (W), Mumbai-400053
Ph: 09892640280



Abhishek Chaddha has performed leading role in 'Preet Na Jaane Reet', 'Kiski bibi?', 'Devta', 'Jism Ka Rishta', 'Indra' etc. Amitabh Bachchan, Hema Malini, Manoj Tiwari, Aruna Irani and many other leading actors have worked under his direction.



Cure Yourself

Cleansing therapy has done wonders for both of us. Earlier we used to feel tired most of the time but now we are more alert at any activity. After liver cleansing we felt energetic and light on our feet. We felt more active than before. We take vegetable juices regularly which gives us all the vital nutrition.

Prakash & Rekha Narain

Air Commodore Prakash & Rekha Narain
E-224 Sector 21
Noida-201301
Ph: 01202548430/09899312381
e-mail: aircmdesaxena@yahoo.com



Two years back Dr Piyush Saxena was in Bhopal. He was having a discussion on the benefits of cleansing therapy and how it can help society at large. I became interested. I am 48 years old and I have stomach & lower intestine heaviness due to my regular diet being disturbed. Dr Saxena persuaded me to do liver cleanse under his personal supervision. He attended to me from the beginning upto the end of my liver cleanse procedure. We saw lots of gallstones in the toilet. From that day I repeat this process regularly. I advise everyone suffering from stomach or intestinal trouble to do liver cleanse. I have full faith that once this treatment is completed one feels light, full of vigour and free from any mental tension. My wife Mini had problems of kidney stones and pain in stomach. The cleansing therapy reduced her pains gradually and the stones vanished in two months. We lost 4 kg and 3 kg respectively. Even the senior urologist was surprised to see the outcome. Mini and I thank you for discovering this therapy.

S. Devendra

S. Devendra
Supdt. Central Excise
Payal Apt, E7/55 Lajpat Society,
Arera Colony, Bhopal-462016
Ph: 09425079626 / 09425665005
e-mail: minidevendra@gmail.com
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Response from Patients

I am a businessman from Almora. I am directly related to allopathic hospitals in the northern part of the country. I was suffering from various ailments and although I had many allopathic practitioners as friends I was unable to get rid of the same. I heard about the cleansing therapy propagated by Dr Saxena on *Vividh Bharati*. I talked to him. I along with my brother Ajay Agarwal, went for the same and no doubt benefited a lot from it, especially from the liver cleanse.

Sanjeev Agarwal

Sanjeev Agarwal
Karkhana Bazar
Almora-263601
Ph: 05962230158/09411317500
e-mail: ajayalm31@rediffmail.com



I suffered from numerous problems like acidity, burping, anaemia, indigestion, weakness, depression, loss of appetite, weight loss etc. I happened to watch Dr Saxena on television and decided to try out his treatment, since I had nothing to lose. I am happy to say that thanks to his treatment, my problems have lessened to a substantial degree. I am continuing this treatment in order to solve my problem completely. I am much better and I have become more attractive now. I lost 2 kg weight. My husband comes back home early and we do family outings more often. Whenever my husband Sanjeev sees a happy family, he says that all of them must have done liver cleanse. He deals in computer peripherals. He gives 10% cash discount to customers who have done liver cleanse. His Reliance Webworld customers get 5% discount, if they have done liver cleanse. Long Live Cleanse Therapy!

Sangeeta Verma

Sangeeta Verma
2489 Sector 17,
Housing Board Colony, Jagadhari
Yamuna Nagar, Haryana-135003
Ph: 09355421142/093355421143
e-mail: target_computer@rediffmail.com





Cure Yourself

I am aged 34 years. I repair computers. I have a touring job. There is no regular schedule for my daily chores such as sleeping, eating etc. Generally I used to eat outside food as most of the time I was on field duty. These all affected my health seriously. Stomach problems such as gas troubles, constipation, stiffness in stomach and headaches were routine things for me. I also had severe back trouble in form of cervical spondylitis. I had to take Voveran injections twice a week. I started putting on lot of weight (from 55 kg to 60 kg within two months time). Body pain, headaches, loss of energy, constipation, gas troubles, fever etc were more frequent. I became hopeless and despondent. I understood that I would have to pop these colourful pills and bear the side effects of the same.

Ultrasound, sonography, MRI, CT scan, blood and urine test and X-rays, I went through these entire tests but they were of no use. In August 2006, a friend advised me to visit the website <http://www.menknowwomen.com> and follow the cleansing therapies of Dr Piyush Saxena. I lost no time and downloaded all the relevant documents. After reading the cleansing procedure for four days, I did my first liver cleanse on 19th August 2006. During the process I had to visit the bathroom for 12-13 times and found some 125-135 brown coloured stones. After the cleanse, my health improved a lot immediately. I got a new life. Then I did my second and third liver cleanse. I got rid of almost all of my ailments and the medicines prescribed for me. Now, I am enjoying a medicine free life. My wife and eight year old son have also done kidney and liver cleanse and no doubt, they too, have benefited from it. Almost a dozen of my friends have followed the same and immensely benefited from it.

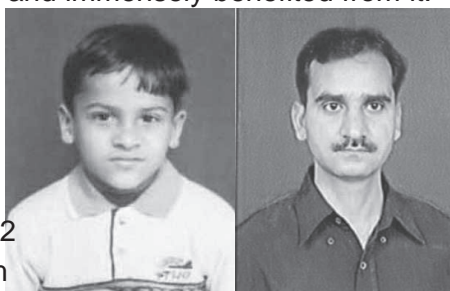
Yogendra Kumar Verma

4B/2035 Vasundhara

Ghaziabad - 201010

Ph: 09810917545/ 09910174422

e-mail: ykverma74@yahoo.com





Response from Patients

(Yogendra - When you asked for my permission for liver cleanse for Vidit, your eight year old son, I had declined. After three days you told me that Vidit did it and he is feeling much better. Vidit is the youngest child in India who has done liver cleanse. I am proud of both of you.)

I have done liver cleansing three times till date. It is a very effective way through which my sugar is under control even without any medicine. My problems of depression, fatigue came down. *Mujhe itna achchha laga ki bata nahin sakti.* My weight reduced from 71 kg to 66 kg. Each time I do liver cleanse I feel more energetic. I have persuaded many of my relatives and friends to do this therapy. All of them are very happy about it.


Sharda Dodke

A-2, 4th Floor
Samudrika Apts., Pandurangapuram
Visakhapatnam-530003
Ph: 0891-3293082/09885312140



I have been the driver of Dr Saxena for the past 10 years. Two years back, I suddenly went into low health. I got treatment at many places but to no advantage. I was full of lethargy and suffered from inactivity, low energy level, poor digestion and extreme weakness throughout the day. I was observing Sir advising about liver cleanse but I could not understand the whole process due to my low literacy level and also did not have the courage to ask him about the same. I was taking frequent leave also. One morning I requested him that I need leave because I was feeling tired. Sir told me clearly, "Take whatever money you need, go to the best hospital for treatment, get well otherwise leave the job. Else do one liver cleanse at my responsibility." I had no option, I did liver cleanse. I improved a lot. I did another liver cleanse after three months. *Mero to jaan bach gayee aur mujhe nayee zindagi milee.* I got a new life. I am fine now for the past two years. I am happy that Sir has involved me with him in the propagation of this therapy.

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Cure Yourself

P. Kannan

1/9 North Street

Post Ukkiran Kottai

Thirunelveli-627202

Ph: 09323636360



After my first liver cleanse I felt light and fresh. After about three months (in between I did kidney cleanse) when I repeated liver cleanse I enjoyed sudden change in my energy level, my skin tone became fairer and smooth, hair became silky, nails became pink and digestion improved. I can say that I have achieved total health because of these cleansing therapies.

Ritu Kant Sinha

1/5 B.D.A Flats

Nupurkunj E-3 Arera Colony

Bhopal-462016

Ph: 09425019876

e-mail: rkbpl@hotmail.com



Over the last three to four decades a great deal of research has been done by the medical fraternity and more often than not people have started to recognize the health benefits of naturopathy. While I was on the lookout for a proper treatment to reduce my LDL cholesterol level, I happened to discuss it with Dr Piyush Saxena. He has recommended kidney cleanse and liver cleanse process. I readily took it up as a challenge and have gone through these two processes a number of times, which have really helped in improving my health. After liver cleanse process the cholesterol level has considerably reduced and I enjoy its benefit. I used to be 66 kg and now I am 61 kg. I recommend both the kidney cleanse and liver cleanse process to others, so that they can also enjoy the benefit rather than taking a prolonged allopathic treatment.

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Response from Patients

P. R. Surendran
Panickaparambil House
Keerikodu, Thodupuzha East P.O.
Dist. Idukki, Kerala-685585
Ph: 09987022374
e-mail: pr.surendran@ril.com



I am a Radio Jockey, TV Anchor and a stage host by profession. Our life is very unpredictable, we tend to meet a lot of people and also gain some or the other knowledge from them. Similarly, I too got a fantastic chance to meet a real dynamic person Dr Piyush Saxena during an interview on FM radio. He delivered a series of live talks on various cleansing processes. In this interview I got to understand a natural process of cleansing liver. But I was not sure about the benefits before the interview. When the radio talk was over, my mind was working on one question ... "Can such a simple, small and natural process prove beneficial?" But after a week or so I decided to take a chance to try out the therapy. First day it was normal with no food and intake of only Epsom salt and extra virgin olive oil along with some juice. On the morning of the second day it was a miracle. I could not believe my eyes. I could see all the dirt flushing out of my body and I was wondering how much waste/dirt had been lying in my liver and for how long. After completion of the process I felt like a new person, with new energy, efficiency, power and freshness.

My work schedule is hectic in real sense and I always felt tired at night but after this process I felt like a new ravishing Reena was reborn. I was so much better and beautiful after liver cleanse that even my husband became jealous. Bakul was wondering about this miracle seeing me fresh as never before, energetic and obviously happy and healthy. He did his liver cleanse just in one week because he desperately wanted to match my new personality. He was successful. I still remember his words, "It is a revolutionary process



Cure Yourself

from Dr SAFE—SENA (Saxena), as it only benefits the follower with zero side effects.” I thank Akashwani FM Gold 100.7MHz for giving me an opportunity to meet Dr Saxena and learn this natural way to make ourselves as never before.

Reena Shah

Reena Bakul Shah
3-B/14 Jawan Nagar
Bhanushali Lane
Ghatkopar (E),
Mumbai-400077
Ph: 09820163163, 02225119777
e-mail: rbs163@yahoo.co.in



(Reena - I have interacted with 12 radio jockeys, TV anchors and workshop coordinators so far. You are the best. The fact that Bakul became jealous of your new personality after the liver cleanse is an achievement of the cleansing therapy.)

I had high cholesterol and high blood sugar level. I had been looking for some cure when I came to know of the liver cleanse by Dr Piyush Saxena. I got more details from him and in just one liver cleanse my cholesterol level came down. When I did the kidney cleanse followed by liver cleanse my cholesterol level became normal and to my utter surprise my blood sugar also become normal. I lost 2 kg. My energy levels have gone up and I accomplish my job in a much better manner. I encourage everybody to try this therapy.

J. K. Srivastava

Major General J. K. Srivastava
Commandant
RVC Centre and College
Meerut-250001
Ph: 0121-2641374
e-mail: neeraks2002@yahoo.com



(Major General Srivastava - You have persuaded so many people



Response from Patients

to do the liver cleanse. You are in charge of a large group of animals in the Indian army. Dr A. Balasubramaniam (see page 220) is an educated veterinary doctor. Together we can study and experiment on liver cleanse for animals - dogs to begin with. I invite other readers of this book to participate.)

I enjoy my work and that keeps me busy from morning till late evening. My lifestyle went awry three years ago when I suddenly developed allergies to a number of common things. My condition progressed from bad to worse. Two years ago Dr Saxena gave me his articles to read but I was undergoing other treatment so I decided to wait. However, a few months later I got a draft copy of this book. I decided to try liver cleanse because other options I tried were giving very little result. After doing the liver cleanse twice I am feeling much better. My dependence on anti-allergens has reduced significantly. I feel fresh as never before in the past five to ten years. Going by my experience I can vouch with certainty that liver cleanse is the most suitable treatment of the day.

Ravina Khurana

Ground Floor, Mohan Dev Bldg

13 Tolstoy Marg, New Delhi-110001

Ph: 011-23318064/23717012/23716963

e-mail: ravinaindia@hotmail.com



Ravina Khurana is a Stephenian. She holds a Masters in Economics from the Delhi School of Economics. A successful entrepreneur, she is based in Delhi and represents International Organisation of Space Communications, Moscow in India. She runs a PSA for AEROFLOT and RUSAIR in New-Delhi.

I am 42 years old. I visit many offices for my employer's work. I have no regular timetable for my daily chores such as sleeping, eating, etc. Generally I used to eat outside food as most of the time I was on field duty. These all affected my health seriously. Stomach



Cure Yourself

problems such as gas troubles, constipation, stiffness in stomach and headaches were routine things for me. Sometimes I was unable to sleep in the night and I had to take at least 4-5 tablets at a time as prescribed by the doctors. Instead of getting some relief, my condition worsened. Body pain, headaches, loss of energy, constipation, gas troubles etc were more frequent. This affected my productivity and work capability. I lost all hope for good health. In November 2007, I saw a TV program of Dr Saxena. Next day I did my first liver cleanse. During the process I had to visit the bathroom for 10 to 12 times and found some 50 to 60 brown coloured stones. My health improved a lot immediately. I did my second and third liver cleanse. I have successfully persuaded my wife, four neighbours and six relatives to do liver cleanse and all of them thank me for my this guidance.

Arvind Kumar

86, Hardev Ganj, Hardoi, UP-241001

Ph: 09967032010 / 09325029612



Three years ago I was suffering from severe pain due to gallbladder stones. My family doctor advised that an operation is the only alternative. But God had something else in store for me. I had been a regular subscriber of Hindi '*Health*' magazine. It was during this acute pain of gallbladder stones that I came across the article of Dr Piyush Saxena about how to get rid of gallbladder without an operation. I read the article again and again and decided to do liver cleansing. When I tried it for the first time, I felt very nice and energetic. Till now I have done it seven to eight times and would say it is very safe and a wonderful way to cleanse our body. Since I was relieved of the severe pain and felt nice, I told about liver cleansing to everybody I met and about 70 people have done the liver cleanse under my guidance. They too are very happy. I have no words to thank Dr Saxena and cleansing therapy, because the pain and suffering which I experienced was intolerable.



Response from Patients


Sanjay Dewan

C/o Wet Canteen
Parachute Regiment Training Centre
J.C. Nagar, Bangalore-560006
Ph: 09341286161
e-mail: pari_dewan@yahoo.com



I am 46 years old. Though I had no major illnesses to complain about, my worry was high cholesterol level. I consulted Dr Piyush Saxena, who recommended me to go through liver cleansing, which I did without wasting any time. No doubt there was a fresh and light feeling after the liver cleansing. I got medically checked for cholesterol after a gap of a month. My worry was vanished within no time as the high cholesterol came to a normal level. I repeated the cleansing procedure after six months and wish to do the same once again.



Juliana C. Rebello
Rebello Villa
Taccode Post, Mangalore, Karnataka-574196
Ph: 022- 28948448/22785370/09867611848
e-mail: julie.rebello@zmail.ril.com



I happened to share the same room as Dr Piyush Saxena at Sreedhareeyam Koothattukulam, Kerala in July 2008 at an eye hospital where we had come for the treatment of our eyes. Dr Saxena had been carrying a draft of this book. I voluntarily and actively participated in the proof reading. While going through the contents I decided to give the liver cleanse a try. Extra virgin olive oil was not available at Koothattukulam, Kerala. But olive oil was available at one shop. I left it to Dr Saxena to decide. He paused for a moment. He told that in his knowledge three persons in India have done liver cleanse with olive oil (**see page 94**) because in remote places they could not procure extra virgin olive oil. Two of them were successful.



Cure Yourself

One of them passed no stones. **Dr Saxena decided that I should go ahead with olive oil and do liver cleanse.** I did it and passed out many stones. It was a miracle for me. I am feeling more fresh. I am persuading many friends and relatives to do a liver cleanse.

Dr A. Balasubramanian

Asstt. Professor

Veterinary College

Namakkal-637002

Ph: 09443252580

e-mail: drbalasubramaniam@rediffmail.com

balasubramaniam72@gmail.com



(Dr Bala - I thank you very much for your help in the editing of this book. I look forward to doing studies on liver cleanse in animals (see page 217). I seek your support.)

Since I'm an asthma patient, chronic allergies and chronic anxiety are a part and parcel of my life. To add to these, constipation and abdominal pain also used to pester me. On the occasion of a light hearted coffee with him, Dr Piyush Saxena suggested to me the idea of liver cleanse with extra virgin olive oil. I felt really disgusted with the idea of drinking raw olive oil but on his perpetual insistence and his confidence on the positive results, I decided to go ahead with it. I had thought that I would have to live with these allergies and anxiety throughout my life but liver cleanse compelled me to think otherwise. There was a marked improvement in my condition. After eight to ten liver cleanse, my allergies have reduced by almost 75% and the rest of my problems have been cured by almost 90%. Piyush says that I should do a complete parasite cleanse course which I am going to try soon to become fully cured.

Rama Singh





Response from Patients

HA-71 Sec-III

Salt Lake,

Kolkata-700097

Ph: 033-40055708/40055727

e-mail: rama_singh1963@yahoo.co.in

(Rama - you are braver than you think. Just read all the chapters of this book and follow whatever you can conveniently do e.g. other body parts cleansing, fasting, home cooked food, raw milk, sea salt and regular sleep. Do one liver cleanse after parasite cleanse. You will forget about your asthma problem.)

I had multiple stones in my gallbladder. I used to have pain in my abdomen and back all the time. My doctor had suggested me to go for surgery and remove my gallbladder as there is no other cure for this problem. I was hopeless and was preparing myself that I would have to remove my body part as the pain was increasing day by day. I lost my appetite and was getting weaker day by day. But one fine day, I got to know about Dr Piyush Saxena and his therapy. I talked to Dr Saxena and all my doubts were cleared. I decided that I'll definitely go for this treatment for many reasons. Then one day I did kidney cleanse and parasite cleanse followed by liver cleanse. Next morning, when I got up and went to toilet I saw plenty of gallstones floating on the water surface. I wouldn't have believed it until I saw it with my own eyes. After every motion I was fully convinced that they were gallstones and only gallstones. By the end of the day I was feeling fine and even more energetic. From that day I have not had that kind of pain again in my stomach or in my back. My weight has come down from 62 kg to 56 kg. Dr Saxena has also provided me with remedies to cure my ulcers. I am confident that I shall be totally cured of my all other problems in one month in a total expenditure of not more than Rs 2,500.

Charulata

Charulata Duggal





Cure Yourself

42-A Humayun Pur
Safdarjang Enclave
New Delhi-110029
Ph: 09899513150/09810995943
e-mail: charulata1980@yahoo.co.in

I first read your articles about liver cleansing in the Hindi '*Health*' Magazine published by Magna Publishing Company in June 2005. At first I had the problem of poor digestion, tidiness etc in my life. I did the liver cleanse and repeated it after six months. After doing liver cleanse two times I feel very alert and fresh.

B. Shyam
416 Thiyagi Kumaran Street
Coimbatore- 641001
Ph: 0422-2302977/2388574/09442011376
e-mail: dinesh.chavaan@rediffmail.com



My wife had been suffering from asthma combined with various kinds of allergies. Dr Piyush Saxena has suggested my wife to go for liver cleanse. As my wife is very sensitive to medication and allergic to many things, I decided to experience the cleanse first and then implement it on her. I took up liver cleanse. Although I was bit shaky at first yet I had nothing to lose. So I went ahead and encountered miraculous results. *Mujhe bahut achchha laga*. Prior to liver cleanse I was a victim of poor digestion, constipation and fatigue. To add to my dismay it was found that I had high cholesterol (approximately 500 mg/dl), which as everyone is well aware of, is not good for heart. My ailments of poor digestion, constipation and fatigue were cured to a large extent. After two liver cleanse, I got a blood test done and surprisingly my cholesterol level had also reduced (254 mg/dl). Till date I have already done 26 liver cleanse and I can confidently say that my health has improved a lot and that too without any side effects.



Response from Patients

Prabhakar Singh

Prabhakar Singh
16 C Dr Sundari Mohan Avenue
Kolkata-700014
Ph: 09831078066
e-mail: singhprabhakar09@rediffmail.com



(When I receive a call from a healthy family member for the cure of a relative patient, I advise and insist upon the cleanse of the healthy member first. This brings courage and confidence to the family because all members watch the results eagerly and the results bring persuasion for the patient.)

I heard Dr Saxena on FM All India Radio and then talked to him. I did two liver cleanse and got the following results.

- Weight reduced from 67 kg to 54 kg. It is maintained at 60 kg.
- I had a benign tumour behind the left thumb. It vanished.
- I had allergy from dust and petrol. It vanished.
- Skin and nails got good shining
- Cough and cold problems gone
- Breathlessness gone
- Old pain in hand and shoulders gone
- Developed positive thinking
- Cholesterol reduced from 260 mg/dl to 180 mg/dl.

Suresh Bagra

Suresh Bagra
B/206 Panchsheel Apt.
Near Sangam Cinema
Andheri-Kurla Road, Mumbai-400093
Ph: 022-28368331/09869603572
e-mail: chrisgems777@gmail.com





Cure Yourself

I listened to a radio talk of Dr Saxena. I have done liver cleanse twice. I used to have pain in both sides of lower stomach. That has vanished. I had a feeling of lethargy. That has gone. My energy level has become much better. I am very happy after the cleanse.

Rajendra Singh Bhandari
Village Koshal, District Tehri Garhwal
Uttarakhand-249132
Ph: 09322272100



I had the good fortune of meeting Dr Piyush Saxena in the winter of 2006 in Baroda. What fascinated me most about him was his zeal and unbridled enthusiasm towards learning and exploring new horizons. As his bundle of talent unfolded, out came the gems of his indulgence in naturopathy and performance of magic tricks in addition to his being a successful senior executive for the largest Indian corporate. Not that I was ill or suffering from any chronic disease that I tried the kidney cleansing and liver cleansing prescribed by him but the benefits that he described to me were so overwhelming that I tried experiencing it for myself. To say the least, the beneficial effects of cleansing can only be felt and not described as it encompasses holistic feeling of well being. By virtue of my personal experience I can say with conviction that these natural processes of healing not only keep diseases at bay but also instil a feeling of strength and well being within a person.

S K Madhuk
Addl. Commissioner Income Tax
15 A Central Revenue Apts
Narain Dabholkar Road
Mumbai-400006
Ph: 022-22001270 / 09819088930
Email: smadhuk@hotmail.com
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Response from Patients

It was through a common friend that in 2004 I had a chance meeting with Dr Piyush Saxena. His unassuming behaviour and easy manners endeared him to me in no time. However, it was only gradually that I discovered the great work he has been doing as a proponent of cleansing therapies in the domain of alternative medicine.

With the grace of my Guru, I have been practising meditation, which is a journey from the gross to the subtle. For me, the connect between the gross and the subtle has got accentuated by my contact with Dr Piyush Saxena. Over the last three years, I have practised liver cleansing a number of times. Each cleansing gives me immense rejuvenation and there is enhanced lightness in the body and the mind.

Brahma Prakash Gaur
Chief Commissioner Income Tax
D-9, Hyderabad Estate
Nepean Sea Road
Mumbai-400026
Ph: 022 – 23626633
e-mail: b_gaur@hotmail.com



(Sir, I endeavour to receive your blessings for the propagation of this therapy)

I tried your kidney and liver cleansing therapies. I can't express my feelings of surprise and pleasure. What I can only say is "maza aa gaya". I am feeling very light and energetic. Now I'm willing to continue the treatment so as to solve my problems completely. I would like to mention that I am also a patient of migraine, gall stones (gall bladder removed by surgery), high blood pressure and diabetes. I also thank you for your continued assurance of cure of my other problems.



Cure Yourself

Neeta Agarwal
w/o Mr A K Agarwal I.R.S.E.
C.P.M. (Integral Coach Factory)
Southern Railway
145-B Thungabhadra
Sterling Road, Chennai-600034
Ph: 044-28271379
e-mail: nita_kanu@yahoo.com



I have done liver cleansing therapy on July 21, 2008. It was an amazing experience. I feel quite better, my tiredness has disappeared and my body became light after therapy. I wish that everybody should do this therapy to keep healthy and fine. I have decided to publish a series of articles of Dr Piyush Saxena in my magazine so that our Gujarati community may also be benefited.

Vinay Shah
Asst. Editor, *Abhishek*
(Gujarati Monthly Magazine)
9 Paswanath Chambers, Ashram Road
Ahmedabad-380014
Ph: 093222747840
e-mail: shah.vinay@rediffmail.com



It is difficult to believe a concept which is not supported by facts and figures. I too am not a different person. I am an electronics engineer. When my neighbours did liver cleanse, I had made mockery of them as well as the therapy. Last year I saw one educated and well-dressed person asking desperately for corn silk at whatever price at a corn vendor shop. The shopkeeper later told me that he had been giving corn silk ever since he started this business 24 years ago but now the demand has grown. In a rat race, I decided to try it once although I had no health problems. The effect of my this



Response from Patients

first kidney cleanse was magical. My work efficiency improved a lot. Then I remembered my friends. I checked up and then I did one liver cleanse. My opinion about such unstudied therapies took an about turn when I saw tremendous improvement in my energy level next day. I got improvement in my chronic allergy and acidity problems too. Since then, my thinking towards life has changed. To believe in good deeds of others, one should not think of data and figures. When I came to know that Dr Saxena does not charge any fees, I decided to meet him. I admire his selfless contribution towards the well-being of society.

Sagar Yadav
Ghanshyam Nivas
Bodhapur, Jaunpur-(UP)
Phone: 09833169508



Dr Piyush Saxena has been known to me for the past three decades, more as a caring senior in the Amarnatha Jha hostel Allahabad. Of late the association has undergone a change from a senior-junior to doctor-patient, the latter being much more wholesome in terms of benefits derived from his wonderfully effective cleansing therapy. I have been benefited by his kidney cleanse therapy which cured the recurrent problems that I had been facing since 1984. To name a few I suffered from urinary incontinence, bladder dysfunction apart from uncontrolled hypertension. Having been benefited by his kidney cleanse therapy, I readily did liver cleanse therapy. I realised that the therapy has made me feel rejuvenated and I do not feel fatigued as easily. My weight has also reduced by 3 kg with liver cleanse.

Munir A Abbasi
7 Park Road
Civil Lines
Gorakhpur-273009





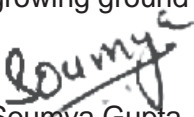
Cure Yourself

Ph: 0551 2338002 /09819174505

Email: abbasimunir@gmail.com

I am 28 years old. I did my first liver cleanse more than three years back. Within 24 hours I became very energetic. My many small medical problems vanished and big ones became small. My skin improved a lot. My face got a new glow. My dermatologist had advised that my sweat reacts with my own skin and damages it. Whichever cream or powder I used, it damaged my skin more than the good it did. Liver cleanse reversed this problem and I have no more sweat reaction issue. I lost four kg weight from 63 kg to 59 kg after two liver cleanse. My mother, Mrs Manju has also gained immense benefit from the kidney & liver cleanse treatment. During my last visit to India, while she was running around playing with my son, she asserted that undertaking natural treatment has made her feel more energetic and revitalized and it aids her in her hectic work-life schedule.

This cleansing therapy is very much popular in USA and it is slowly growing ground in the country of my origin – India.


Soumya Gupta
510 Fall River Ter
Sunnyvale CA 94087
USA



I have been practising yoga and naturopathy at Varanasi. I came across the cleaning therapy of Dr Saxena. I first tried it on myself. Astonished with the results, I start doing it for my patients too. The response is as under.

Case No.1 - Alka Singh 30 years resident of Rajendra Vihar Colony, Varanasi. She had pain in legs, tiredness throughout the day, digestion problems, mental weakness. She improved a lot with her first liver cleanse.

Case No. 2 – J N Singh Mahamnapuri Varanasi used to have heavy



Response from Patients

stomach, bloating, diarrhoea. The first liver cleanse gave him relief and the second liver cleanse cured him.

Case No. 3 – S P Pandey, Engineer, UPSEB Varanasi always felt heaviness. He did not enjoy his work. His belly was bulging out. He was overweight. He was a changed smart person after doing liver cleanse twice. He lost 6 kg and his weight went down from 84 kg to 78 kg.

Case No. 4 – I myself had problems of lack of sleep, poor concentration, constipation, lack of mental clarity. I always had a feeling of tiredness. First liver cleanse gave me 60% relief. Second liver cleanse cured me completely.

Case No. 5 – Pushpa Singh 42 years resident of Mahamana Nagar, Varanasi had been a chronic patient of arthritis. She had lot of pain in knees and other joints. Mud pack, enema, steam bath did not give her relief. I prescribed liver cleanse and joint cleanse therapy of Dr Saxena. She is much better now.

Encouraged by results of over 50 patients, I am very enthusiastic about this cleansing therapy and propagating this with all my might amongst all my patients and their relatives.

Dr Kumar Rajiv Ranjan
N - 3/75 A-8-9 Pragma Nagar
Sunderpur
Varanasi
Ph: 09451361232/09335373552



(Thank you Dr Rajan for helping so many patients. Your queries have helped me in preparing Frequently Asked Questions in this book.)

I am sending a few case histories and ultrasound reports of some patients I treated and cured with the help of cleansing. I am also sending a summary of some patients benefited by the cleansing



Cure Yourself

process. Before the cleansing process was used in patients, results were very limited. Since the cleansing process was employed, results have changed dramatically. I have been using the cleansing process for the last two years on myself as well as on patients. I also lost 8 kg with the help of this cleansing process.

In fact cleansing therapy is similar to *panch karma* process mentioned in Ayurveda. This process cleanses internal and external organs. It passes out toxic elements from the body. After this process any type of medicine yields dramatic results. I used joint cleanse in more than 50 patients and have noticed the following improvements from its use.

1. Pain in joints reduced further
2. Clinical improvement is 2-3 times better than with conventional painkillers
3. No need for painkillers after joint cleansing
4. Pain score reduced from 7 to 0-2 during first follow up.

Comparison between cleansing and other pain killers.

Function	Joint Cleanse	Glucosamine	Painkillers
Reduced pain and inflammation	✓	Mild	✓
Repairs damaged cartilage	✓	✓	x
Provides joint lubrication	✓	✓	x
Gastro protective	✓	x	x
Effective for rheumatic arthritis	✓	x	✓
Effective for osteoarthritis	✓	✓	✓
Contains omega fatty acids	✓	x	x
No adverse effect in long term	✓	✓	x

Renal Stones

I have used kidney cleanse in 14 cases, followed by Ayurvedic medicine. I got the following results.

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Response from Patients

1. 9-15 mm sized renal stone 100% removed with cleansing therapy
2. Renal pain subsides in three to five days
3. Urine examination – after one week no ROB, ESR pus cells, cast etc.
4. USG report – normal after one to two months.

Liver Cleansing

I used liver cleanse in more than 20 patients suffering from gallbladder stones. The results are as follows.

1. Decreased number of stones in USG
2. Size of stones reduced
3. Stones of gallbladder are passed out.

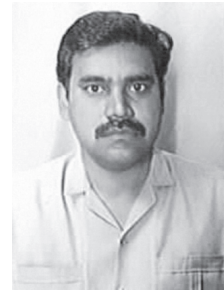
Weight Loss Management

I tried the full cleanse process two times in 20 overweight patients. This resulted in weight loss of 4 to 16 kg in 2 to 30 months.

Ovarian cysts and female infertility

1. Ovarian cyst dissolved 100% within two months
2. USG reports are normal
3. After doing the cleanse more than 70 cases conceived and delivered normal children within a period of about 1½ years.

Dr M K Pandey
Keshav Kunj, Navil Road
Etawah – 206001
05688251771, 09412187070



(Dr Pandey read my articles in Health magazine. He has talked to me on various occasions but I did not know that he had used this therapy and had kept records of the results. I am grateful to him for mentioning the achievements of the cleansing therapy in his patients, especially in the cases of conception and normal delivery in more than 70 mothers.)



Cure Yourself

I have obtained great benefit from the liver cleansing treatment prescribed by Dr Piyush Saxena.

My claim is supported by my blood reports from 21.07.2005 to 16.10.2006 which clearly show how my fatty liver and high SGOT (121.4 on 21.07.2005, 68.5 on 03.06.2006 and 39.3 on 16.10.2006) and SGPT were considerably reduced. This is a clear indication that my liver functions have tremendously improved.

I must mention that for my high SGPT and SGOT I visited several well known allopathic doctors but none could provide me with relief. Dr Piyush Saxena's treatment did what no allopathic medicine could do.

Vishal Gupta, Software engineer
39 Rajat Apartments
Mount Pleasant Road, Malabar Hills
Mumbai-400006
Ph: 09820308218
Email: guptavbg@yahoo.com



Since many years I was suffering from severe ailments due to which I used to have bouts of vomiting and hyper acidity. I tried all kinds of treatments; naturopathy, homeopathy and of course allopathy. Though I used to get relief, it was only temporary. The problem would recur once the effect of the treatment wore off. I was looking for a permanent cure but in vain till fortunately, I met Dr Piyush Saxena.

I casually mentioned my list of problems to Dr Saxena and he very confidently assured me of a permanent cure. I remember, having taken his claim with a pinch of salt. But I thought, "What is the harm in giving it a try?" As such, I had already tried many kinds of treatments, and best part was that it had no likely side effects. Moreover, the philosophy behind his treatment sounded absolutely scientific and convincing. Candidly telling, I tried for the first time with reluctance (after much insistence of my wife) but the result was amazing. Liver



Response from Patients

cleansing gave me feeling of lightness and I felt energetic. I could feel the difference. Since then, I have tried liver cleansing treatment number of times and feel that I have been cured almost permanently. I really thank my stars that I met Dr Saxena by chance which proved to be turning point .I wish that others like me would get benefited and pray to almighty that Dr Saxena will continue rendering his services to the needy.

S. P. Srivastava I P S
ADG (Police)
Allahabad
Email: sps7@hotmail.com



I have been suffering from arthritis. I always feel pain in my joints. Dr Saxena advised me to go through the process of apple cider vinegar but before that he insisted to do one liver cleanse. Immediately after my liver cleanse my pain flare ups have reduced. I have less chronic pain and I feel energetic now. I'm glad with the treatment.

Presently I am going through the treatment of apple cider vinegar. With this treatment, I have noticed that my fingers are getting normal from deformity. My swelling is reduced. I can move my joints now. I still have some pain and stiffness, but I am continuing the treatment and have been steadily improving. This treatment gave me hope. It can mean trust, reliance, desire accompanied with expectation of what is desired or belief that cure is attainable. It has given me reason to feel that I can improve my health when I had lost all hope.

Pooja
WL 123, New Enclave
Jalandhar (Punjab)
E-mail: s_perfection34@yahoo.co.in





Cure Yourself

(Shalu 27 years and Pooja 24 years are sisters. Shalu called me for the treatment of Pooja. She wanted a remedy for the pain of her sister. I insisted that Shalu should do the liver cleanse first. She made all sorts of excuses because she had no problems. Finally, she did liver cleanse. Shalu improved a lot at the energy level. My job was easy now. Pooja got inspiration from Shalu. Then Pooja too did a liver cleanse and she started getting overall improvement).

I have been tremendously benefited with the cleansing therapy. I have persuaded many patients to do liver cleanse. All the reports are very encouraging. I am yet to come across a faster therapy that brings such long lasting results.

Dr Ramesh Jhaveri M.D. (Alternate Med.)
Vaibhav Clinic
S V Road, Vile Parle (W), Mumbai
Ph: 02226711873, 02226145158, 09820834472



I learnt about liver cleanse in 2005, I had the problem of poor digestion, tidiness in my life and high levels of acidity. I did the liver cleanse and repeated it after five months. First liver cleanse gave me good relief. After that I met Dr. Saxena in Mumbai and discussed with him about the chronic problem of my stomach pain. His advice helped me and I am fully satisfied with his treatment which have no side effects. After second liver cleanse I felt very alert, energetic and fresh. I have advised many people to do liver cleanse and all of them are very satisfied after doing this. I wish him all success in future.

K P Singh MLA
(Ex-Minister MP Govt.)
E-25, 45 Bungalow
Bhopal-462003
Ph: 07495 -245290/ 0755 2440577





Author's Comments

I have received many letters and phone calls from the followers of cleansing therapy. Each and every one of them is happy and excited about it. Due to scarcity of space I decided to include only those names who had been involved in the propagation of the therapy and who have voluntarily persuaded 5 to 10 people to undergo liver cleanse. It takes a lot of courage, conviction, fearlessness to publicly accept one's medical problems. I appreciate this gesture of each one of them for their zeal and courage to talk openly about themselves through this book. Besides, their regular feedback to me in the past has helped me to arrive at decisions for the treatment of specific cases. Each of my these friends and relatives deserve the highest applause from all of us. I thank all of them wholeheartedly.

I have included patients getting benefit of liver cleanse because people avoid doing it. Numerous patients have benefited from kidney, acidity, parasite and joint cleanse as well. It will be unfair to call them patients because all of them have volunteered for the propagation of this therapy. A few grateful female patients do not wish their names and photographs to be published for privacy reasons. They have been benefited in their many medical problems, besides getting improvement in anxiety, anger and depression etc by following this therapy.

So far I have not come across any adverse feedback of this cleansing therapy propagated through any of my published articles, radio or TV talks or workshops conducted by me.



About the Author

Dr Piyush Saxena, aged 49 years, is a man of multiple talents - a corporate professional, a naturopath, a magician, a thinker and writer, an actor and above all, a human being who is considerate towards fellow humans.

He has graduated with a B.Sc. (Physics) and M.A. (Modern History) from Allahabad University. Later on, he did a Ph.D. in Naturopathy from USA. He worked for Bank of India from 1981 - 1995 in UP and joined Reliance Industries Limited in 1995. Currently, he is working for them as Senior Vice President (Corporate Affairs) at Nariman Point, Mumbai. His father Justice Krishna Narayan retired as a high court judge from Allahabad, mother Shanta is a housewife, wife Shubha is a teacher, son Prakhar is a software engineer in USA and daughter Priyanshi is working in the field of media.

His following health related articles have been published in the Hindi magazine 'Health *aur* Nutrition', Magna Group of publications. This is the largest selling Hindi health magazine in India. All these articles and this book are available on <http://www.menknowwomen.com>.

Sr. No.	Subject	Issue	
1.	Kidney Cleanse	January	2005
2.	Acidity Cure - Part I	February	2005
3.	Acidity Cure - Part II	March	2005
4.	Sea salt	April	2005
5.	My Medical History	May	2005
6.	Liver Cleanse – Part I	June	2005
7.	Liver Cleanse – Part II	July	2005
8.	Arthritis Cure – Part I	August	2005
9.	Arthritis Cure – Part II	September	2005
10.	Astrology and Chronic Ailments – Part I	October	2005
11.	Astrology and Chronic Ailments – Part II	November	2005



About the Author

12.	Fasting	December 2005
13.	Health Hazards of using Mobile Phone	January 2006
14.	Piles/Varicose Veins	February 2006
15.	Sleep – Part I	March 2006
16.	Sleep – Part II	April 2006
17.	Avoid Processed/Pasteurized milk	May 2006
18.	Diet Vegetarian or Non-vegetarian	June 2006
19.	Clay Therapy	July 2006
20.	Cerebral Palsy – Part I	August 2006
21.	Cerebral Palsy – Part II	September 2006
22.	Sex of a <i>Hijra</i> – Part I	October 2006
23.	Sex of a <i>Hijra</i> – Part II	November 2006
24.	Life After Death	December 2006
25.	Letters	Jan - Mar 2007
26.	Biography of Blood	April 2007
27.	Biography of Eyes	May 2007
28.	Urine Therapy	June 2007
29.	<i>Dastan</i>	July 2007
30.	Kidney Cleanse	August 2007
31.	Cleansing therapy – Part I	September 2007
32.	Cleansing therapy – Part II	October 2007
33.	Acidity Cleanse – Part I	November 2007
34.	Acidity Cleanse – Part II	December 2007
35.	Parasite Cleanse – Part I	January 2008
36.	Parasite Cleanse – Part II	February 2008
37.	Liver Cleanse – Part I	March 2008
38.	Liver Cleanse – Part II	April 2008
39.	Liver Cleanse – Part III	May 2008
40.	Joint Cleanse – Part I	June 2008
41.	Joint Cleanse – Part II	July 2008



Cure Yourself

'*Rajasthan Patrika*' (all editions), which has the third largest combined circulation amongst *Hindi* newspapers in India, has published his numerous articles. Women's Era has also published his article. All India Radio, Mumbai, has broadcast 22 of his programs. 7 Star Care TV has televised a series of seven of his programs, each one twice a day for 30 days. Shakti TV channel has broadcast his program twice a day for 35 days. Many more of programs are in the pipeline on radio and TV. He has delivered lectures on cleansing therapy at many places. The more memorable among them are listed below.

- Indian Institute of Capital Markets, Vashi, Mumbai for CBI (Central Bureau of Investigation) Officers
- Bankers Training College, Reserve Bank of India, Dadar, Mumbai
- Yoga Institute, Santacruz (E), Mumbai
- Senior Citizens Association, Khar (E), Mumbai
- NRI Complex, Nerul, Navi Mumbai
- BHEL, Lodhi Road, New Delhi.

Dr Saxena possesses a Master's degree in Reiki healing.

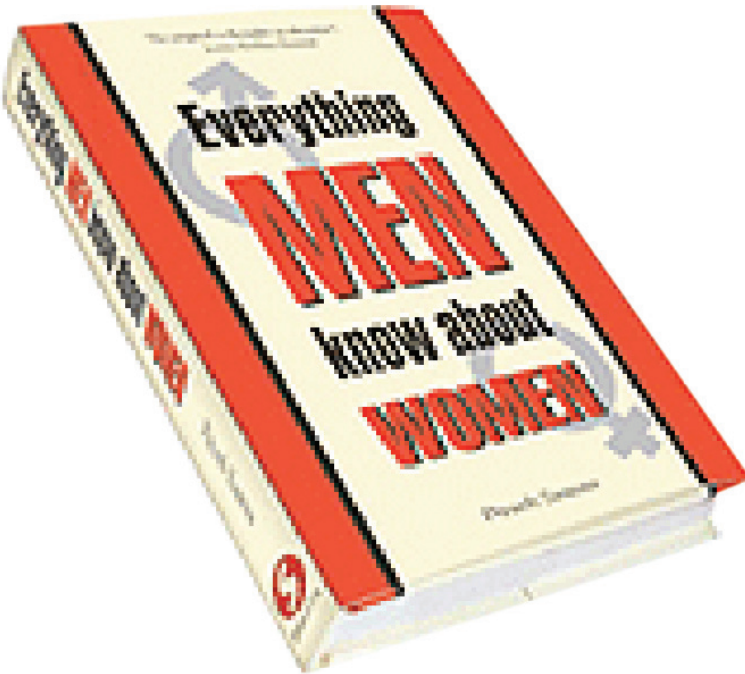
Working for the television and films is his hobby. He has performed in a variety of roles for numerous TV serials and movies. Some of his more memorable performances are those of a doctor (*Bhai Hoil to Bharat Jaise, Gangotri*), leader (*Ganga Tohre Desh Mein*), magician (*Chalo Shadi Kar Lein*), villager (*Gutthi* - TV serial), a merchant (*Mansooba*), don (*Hum*) and moneylender (*Ba Khiladi Ba*). He has received the prestigious '*Hum Log*' award for his extraordinary performance as a doctor in '*Gangotri*' (see page 241).

He enjoys the company of children and performs magic shows for them at birthday parties, schools/colleges, as well as in various auditoriums in front of large audiences. Some of the places where he has performed are

- Jawahar Bal Niketan, Charni Road (W), Mumbai
- Spastics Society of India, Colaba, Mumbai
- Delhi Public School, Indira Nagar, Lucknow (See page 242)
- Cheshire Home for Paraplegics, Andheri (E), Mumbai



Author with his parents



Author's First Book



Author performing as Santa Claus on a Christmas Eve



**Author performing the role of a doctor,
along with Aruna Irani and Manoj Tiwari**



HUM LOG AWARDS NITE 2008 at Radio Club, Mumbai
Author receiving an award for role in film, "*Gangotri*"



Author dancing to the tune of '*Mera Naam Joker*' at the
HUM LOG AWARDS NITE 2008 at Radio Club, Mumbai



**Author performing a magic show at
Delhi Public School, Indira Nagar, Lucknow**



**Author performing rope trick for
a distinguished gathering at Mumbai**



About the Author

- Hotel Taj President, Cuffe Parade, Mumbai for school kids
- Sewa Sadan Orphanage, Andheri (E), Mumbai.
in addition to many birthday parties.

Since 2004, he has also acted as Santa Claus at Christmas parties for children every year. (see page 240)

He is a good cook and specializes in North Indian delicacies (veg and non veg). He is a teetotaler, non-vegetarian and fond of eating.

He is a good player of chess and bridge. He is fond of swimming and diving. He plays squash regularly.

He is a widely travelled person. He has visited U.S.A, U.K., France, Germany, Switzerland, Italy, Japan, Australia, Hong Kong, Singapore, Thailand, Malaysia, U.A.E., Kenya, Pakistan etc, as also Mt. Kailash with his family besides many places of religious and tourist attraction in India.

His first book had been 'Everything Men Know About Women'. It covers each and every fact of life that a man can ever know or has ever known about any woman. It was reviewed by many leading national newspapers of the country.

His second book 'Cure Yourself' is in your hands.

His third book will be titled 'Sex of a *Hijra*'. It aims to be a well researched documentation of the various aspects of the lives of eunuchs, with respect to their biological, economic, emotional, social and political backgrounds. It also includes details of male to female and female to male sex-reassignment surgeries.

His fourth book will be titled 'World Travel On A Budget'. This will contain information and practical tips on travelling on a budget, visa procedures and commonly faced issues regarding them, travel restrictions, statutory requirements, modes of transportation and accommodation availability etc, with special reference to difficult destinations like Africa, Antarctica, Japan, Mt. Kailash and Pakistan.



Liver Cleanse Patient 2

Name

Age

Date	Effect



Cure Yourself

Liver Cleanse Patient 3

Name	Age
Date	Effect

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Liver Cleanse Patient 4

Name

Age

Date	Effect



Cure Yourself

Liver Cleanse Patient 5

Name	Age
Date	Effect

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Cure Yourself





Cure Yourself

